

1981-9

## Student Handbook and Diary ; Bolton Street, 1981 - 1982

DIT : Students' Union

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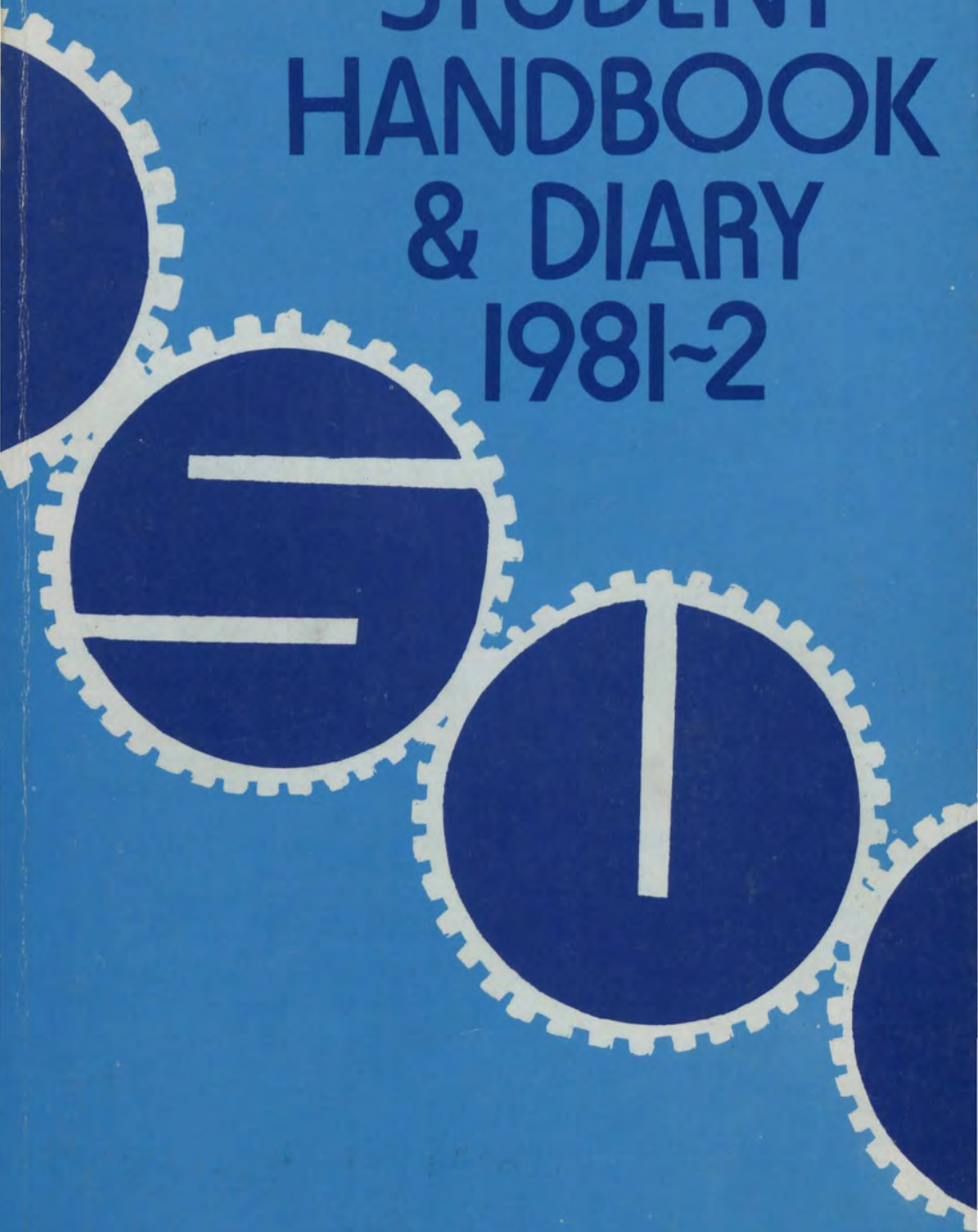
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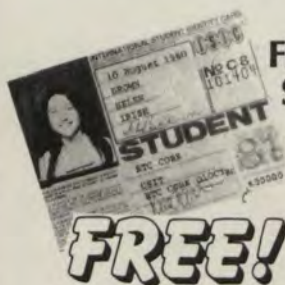
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# STUDENT HANDBOOK & DIARY 1981-2



# There's a great deal on the Cards from Bank of Ireland.

For the student, a Bank of Ireland account has always made a great deal of sense. But now we're offering a great deal more.



## Free-International Student Identity Card.

If you're a first year third level student, we'll give you absolutely free, an ISIC Card. And all you have to do is open an account at your Bank of Ireland student branch.

The ISIC Card, which would cost £3.50, is issued worldwide and entitles you to many concessions both at home and abroad.



## 24 Hour Banking.

If you have a Bank of Ireland Cheque Book Account you can apply for a PASS Card. With a PASS Card you can withdraw cash and transact other routine banking business 24 hours a day, seven days a week at any of our PASS machines.

And, of course, we have no charges for Students whose accounts are maintained in credit.



## Free Countdown Card.

With your ISIC Card you also obtain a Free Countdown Card, which would normally cost £12.70. It entitles you to discounts (usually 10%) in

many shops, restaurants, hotels, etc. With it comes a 48 page directory giving full details of the scheme.

For further information call in to Bank of Ireland, Ormond Quay. We'll be delighted to see you and talk things over in detail with you.



# Bank of Ireland

The bank of a lifetime

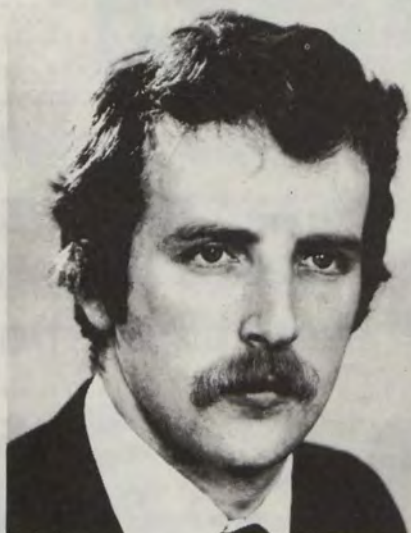


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# If money is your subject we speak your language



**LOANS** for maintenance, education, travel, etc.

**FREE** cheque book accounts

**FREE** friendly financial advice

**INTEREST** earning savings accounts

Meet your AIB student Officers **Nicholas Heeney**  
at 44 Mary Street. Tel: 748303/741796  
and **Mary Dunphy** at 40/41 Capel Street.  
Tel: 745526/740640



## Allied Irish Banks

*Banking for a better future*

# A Message from the President of Your Union



Fellow Students,

On behalf of the Students' Union Executive I would like to welcome all new students and apprentices to the College and to welcome back all those continuing their courses.

Because of the present economic situation first-timers will consider themselves lucky to have obtained a place in a third-level institution or entry to an apprenticeship. This does not mean that we should accept our "luck" and ignore the many problems which as students and apprentices we all face. Precisely because of the present attack on our living standards (in common with all working people in the country) the need for a strong defence organisation for students and apprentices - a Students' Union - was never greater.

Over the last two years such a defence organization was built up from an initially weak position. We must continue this work and this can only be achieved by uniting all students and apprentices around their common interests.

One of the biggest problems in Bolton St. is the total lack of proper facilities. This inevitably takes its toll on the social and cultural activities of those of us in the College. This should not stop us, however, from making every effort to involve ourselves in the existing Clubs and Societies - not because you should feel obliged, but to enjoy yourself.

Finally, no student or apprentice should feel reluctant about approaching either myself or Eithne, our Deputy President, about any problem. After all as Sabbatical

Officers that is what you pay us for. We are available for most of the day (and sometimes night!) in the Students' Union office, beside the Union shop, in Room D1 in the basement. So here's to a successful and enjoyable year.

Yours fraternally,

Tommy Graham  
President

TIME-TABLE

<i>Time</i>	<i>Mon.</i>	<i>Tues</i>	<i>Wed.</i>	<i>Thurs</i>	<i>Fri.</i>	<i>Sat.</i>



**SEPTEMBER****WEEK 1****21** Wholetime courses and evening classes commence.**MON****22****TUES****23****WED****24** V.E.C. Meeting.**THUR****25** V.I.C.C. Meeting.**FRI****26****SAT****27****SUN**

# YOUR UNION

## STRUCTURE

The government of the Students' Union is based on the democratic principle that every member has the right, and is encouraged, to participate in controlling the affairs of the Union. Every student and apprentice in the College is a member of the Union, i.e., Bolton St. Students' Union, which has approx. 7,000 members. The management of the Union's affairs is conducted on three levels:-

Union General Meeting (U.G.M.)  
Students' Union Council (S.U.C.)\*  
Executive Committee

## UNION GENERAL MEETING

The Union General Meeting is the highest decision making body of the Union, and there will be four held in the course of the year (see diary). Every member is entitled to participate fully at a U.G.M. An U.G.M. can be convened by:-

1. The E.C.U.
2. The adoption of a motion by the S.U.C. requesting it.
3. \*The submission to the Union Secretary of a petition signed by 50 members.

## STUDENTS' UNION COUNCIL

The Students' Union Council manages the affairs of the Union subject to policy and decisions taken at a U.G.M., it is made up of:-

- 1) Executive Committee.
- 2) \*One representative from each class  
Two representatives from each official  
Union Club and Society.

SEPTEMBER

WEEK 2

28 1st Block Release commences.

MON

U.S.I. Welfare Committee Meeting.

Student/Apprentice.

29

TUES

30 Lunchtime Concert - Kinema(C28). The Spies.

WED

1

THUR

2

FRI

3 U.S.I. Officer Board Meeting.

SAT

4

SUN



Class representatives are elected and dismissed by their class. At each class meeting the representative must report on the proceedings of the previous S.U.C. and seek the views of his/her class on the forthcoming issues.

### EXECUTIVE COMMITTEE

The Executive Committee is made up of\*

President	:	Tommy Graham
Deputy President	:	Eithne Brew
Secretary	:	Mark Hackett
Treasurer	:	Greg. Kiernan
Welfare Officer	:	Peter Hamilton
Communications Officer	:	Vacant
Education Officer	:	Peter McGrath
Sports Officer	:	John Dempsey

The members of the Executive committee are nominated and elected by the members of the Union. All Union members are eligible to stand for election.

The Executive committee is responsible for the day to day running of the Students' Union. There are two sabbatical officers, the President and Deputy President i.e., these two positions are full-time, the two officers take a year off their studies.

### \*NEW CONSTITUTION

Last year a 'constitutional review body' was set up to draw up a new constitution for Bolton St. Students' Union. The draft constitution was submitted to Student Union Council in April of last year '80/'81. It was agreed that it should be put to a referendum in Autumn of this year, following the Annual General Meeting on 20th October. Some of the details mentioned in the above explanation of the structures of the Union will be changed i.e.:—

Students Union Council will become 'Representative Assembly' and will consist of class representatives and the Executive committee only.

OCTOBER

WEEK 3

5

MON

6 College Council.

TUES

7 Votive Mass. All classes closed.

WED

8 Clubs & Societies Open Day.  
U.S.I. Dublin Area Meeting.

THUR

9

FRI

10

SAT

11

SUN

An U.G.M. shall no longer be convened by a submission to the Union Secretary of a petition signed by 50 members, but by a submission to the Union Executive of a petition signed by a minimum of 100 members of the Union.

The Executive shall consist of the following posts in addition to President and Deputy President:-

- 1) Secretary
- 2) Chairperson/Convenor
- 3) Treasurer
- 4) Sports Officer
- 5) Social and Cultural Officer
- 6) Womans' Rights Officer
- 7) Editor

Copies of the draft constitution will be given out on 'Open Day' and are also available in the Students' Union office.

## THE COMMODORE

**GREAT FOOD  
A FRIENDLY LUNCH  
THE STUDENTS' PUB  
VERY REASONABLE PRICES  
ONLY MINS. FROM TECH.  
ON CORNER OF PARNELL ST. & JERVIS ST.  
THE COMMODORE  
THE COMMODORE  
THE COMMODORE**



OCTOBER

WEEK 4

12 Student/Apprentice.

MON

13 Film Soc. - Big Wednesday - 7.30pm - Kinema.

TUES

14 Lunchtime Concert - Kinema. The Lookalikes.

WED

15 U.S.I. Welfare Committee Meeting.

THUR

16 U.S.I. Ents Conference.

FRI

17 U.S.I. Ents Conference.

SAT

" Welfare "

18 U.S.I. Ents Conference. "

SUN

" Welfare " .

## SERVICES

While the Students' Union is not merely a 'service institution' -services are an integral part of the Students' Union. Some of the services which the Students Union can offer you are:-

### STUDENTS' UNION SHOP

The shop is located in the students' common- room on 'D' floor. The shop specialises in student equipment - all of which are sold at cost price. Cigarettes, sweets, minerals, coffee etc., are also available in the shop.

### TYPING

Our Union Secretary is available to do any of your typing needs at rates far below those charged outside the college. For letters, reports, theses etc., a fast and efficient service is available to all students and staff.

### STUDENT TRAVEL CARDS

You can get your International Student Identity Card from Rose in the Students' Union office. The card costs IR£3.50 and if you want the C.I.E. Travelsave stamp it will cost you an extra IR£4.00. The Travelsave stamp entitles you to a 50% reduction on C.I.E. mainline trains and buses (if the normal fare is IR£2 or over,) it also entitles you to 50% reductions on Northern Ireland Railways, B & I Car Ferries and Jetfoil and on the Galway-Aran Island Ferry.

The card is available to:-

- 1) Full-time students.
- 2) Block release Apprentices
- 3) Day release Apprentices doing a recognised apprenticeship.
- 4) Part-time students who attend lectures on at least one full day and some nights.

The Bank of Ireland offers a voucher to First Year students

OCTOBER

19

WEEK 5

MON

20 Union Annual General Meeting - Kinema - 11am.

TUES

Film Soc. - One Flew Over the Cuckoo's Nest - 7pm - Kinema.

21 Lunchtime Concert. The Jimmy McCarthy Band.

WED

22

THUR

23 U.S.I. Technological Sector Meeting.

FRI

V.I.C.C. Meeting.

24 U.S.I. National Council.

SAT

25

SUN



with which an International Student Card can be purchased if the student opens a deposit account with £20. A.I.B. offers a similar scheme, issuing a cheque for £4 made payable to U.S.I.T. - this cheque should be cashed at the as it will not be accepted by U.S.I.T. or by the Union office.

### CONTRACEPTIVE SERVICE

The Students' Union shop offers a limited contraceptive service i.e. condoms. This is in direct contravention of the 1979 Family Planning Act which the Students' Union opposes as inadequate. The possibility of an evening clinic by the Irish Family Planning Association is being looked into at the moment.

### ACCOMMODATION

There is a list of addresses of flats and digs available in the Students Union Office - so if you're having difficulty please drop down.

### LEAFLETS

If any student or group of students wish to produce a leaflet for distribution within the College, the Union will produce it for them unless the contents are considered to be sexist, racist or fascist.

# OCTOBER

WEEK 6

26 Bank Holiday. College closed.

MON

27 Film Soc. - Richard Pryor Live in Concert  
& Flesh Gordon - 7pm - Kinema.

TUES

28 Lunchtime Concert. "It's a Tight-rope".

WED

29 V.E.C. Meeting.

THUR

30 Final date for enrolment.  
V.I.C.C. Meeting.

FRI

31 Halloween.

SAT

1

SUN

# The Students' Union is Primarily

## a Defence Organisation

By Brendan Doris, President USI

### HISTORICAL BACKGROUND

The development of the students' union as we know it is a comparatively recent phenomena in Ireland. This does not mean, however, that the student youth have not taken an heroic stand for truth and justice - even when the third level colleges were solely colonial universities of the ascendancy and the catholic hierarchy. Kevin Barry's attendance at one such college did not prevent him standing up for national independence as have many students before and since.

Despite the ascendancy class nature of the universities at the beginning of the century, which were populated mainly by the sons (women were excluded almost completely) of the landed aristocracy, the merchants, the bankers and the proteges of the churches, contradictions arose between the student youth and the authorities. Then, as they try to do now, the authorities 'appointed' or 'recognised' informally constituted students committees which were little more than prefect or 'senior boy' committees. The university ethos of debate and academic excellence meant that until now - and it still lingers on - the literary and historical debating societies etc., were the leading forums of discussion for students on academic, social and political problems inside the university and outside.

In 1950 the first student association was established - The Irish Student Association - which was little more than an extension of the British national union promoting debating societies and organising travel programmes.



NOVEMBER

WEEK 7

2 Student/Apprentice.

MON

3 College Council.

TUES

Film Soc. - Phantom of Liberty - 7.30 - Kinema.

4 Lunchtime Concert. The Spies (again!).

WED

5

THUR

6

FRI

7

SAT

8

SUN

By the late fifties this initiative had stagnated and was replaced by USI which consisted in the beginning of UCD, QUB and others which criticised the Association for the mishandling of debate and for doing nothing on the travel and other programmes and refusing membership to non-university colleges. This emphasis on travel is reflected in a ten page history of USI written in the sixties, all but one and a half pages of which concentrated on the travel company.

The main developments in USI since its foundation, apart from providing a travel company for the students, seeking government recognition (which took five years or more in the late sixties and early seventies), was the reconstitution of the national union on a more democratic basis by replacing the national executive with National Council (12th Congress in resumed session), and the campaign to have similarly limited student representative councils replaced by student union councils and the general meeting. Although this latter process was initiated in USI some ten years ago it has never been completed due to two factors. The first arose from viewing the problem of democracy as a structural one and having an incomplete understanding of the role of the union anyway; the second from the fact that the USI leadership always lagged behind the objective movement of the most advanced students that were setting the general body in motion. This resulted from a tendency (which those of us involved for the last couple of years know only too well) on the part of the leadership to secure their own ideological and personal perpetuity rather than match their practise to their theory. Thus, on many occasions the spontaneous struggle of the students was belatedly followed by or extracted support (or even opposition) from the leadership in the national or local union.

### ECONOMIC BACKGROUND

In the meantime changes were going on in both the north and south particularly, where the Lemass plan changed the economic strategy of the wealthy in the country (so that they could get richer). This transformed the education system from one for the very rich to one for

NOVEMBER

WEEK 8

MON

9

10 Film Soc. - Babylon & Wavelength - 7.30 - Kinema.

TUES

11 Lunchtime Concert. Pop Mechanics.

WED

12

THUR

13

FRI

14 U.S.I. Women's Conference.

SAT

15

SUN



an 'elite' of rich and middle class in order to provide technical, scientific and administrative personnel for the state and the economy. This is the present situation today.

This article is concerned with the requirement of the students for a clear idea of the type of organisation they urgently need to accomplish the twofold purpose of solving the problems of advancing a) their immediate common academic, social and political interests and, b) the lot of the oppressed youth (men and women) outside the education system. In short I want to present the need for the student DEFENCE ORGANISATION; to concentrate our minds on our task - to be in the forefront of the students' struggle.

### THE PROBLEM OF UNDERSTANDING

In USI and its constituent unions progressive students have constantly raised a series of problems about the national and local unions which point to serious inadequacies in both. I say 'progressive' students because the student body itself frequently manifests views about the role of the union which are themselves wrong. This is not consistently the case however. There is an ebb and flow in the on-going debate and struggle with the backward 'no-politics, education-as-such, club-and-society only' view contending with the 'student-defence-organisation, on-the-side-of-the-exploited-and-oppressed, against-the-status-quo-education-system' position. The reason why progressive opinion has not won out stems from the low level of development of sound students which makes it difficult for them to get involved to help sort out the problem. In short sound students don't know what to do! Often the best students are not in the leadership which may represent one or other view mentioned above to some extent or another. And even where the second position is the dominant one it is not so clear-cut, with many variations and distortions of a rightist and leftist nature further clouding the issue.

The truth is that any leadership which says (or thinks) that clubs and societies, education or exam issues etc., are largely irrelevant to the union or that the students

**NOVEMBER****WEEK 9****16 Student/Apprentice.****MON****17 Film Soc. - Arabian Nights - 7.30pm - Kinema.****TUES****18 Lunchtime Concert. Jimi Slevin.****WED****19****THUR****20 U.S.I. Technological Sector Meeting.****FRI****V.I.C.C. Meeting.****21 U.S.I. National Council.****SAT****22****SUN**



should abandon their studies, rush to the barricades when this is entirely inappropriate, is sure to give grounds for domination by 'student-in-display-case' isolation from the rest of society that the reactionaries advocate. What happens is that the ranks of the backward students are swelled by large numbers of confused students who cannot see either position as sound and in this they are correct. Therefore, we have to pay a lot of attention to the ideas upon which we base our actions as well as on the suitability of the programmes presented to the student body.

### THE FEATURES OF THE 'DEFENCE ORGANISATION'

The necessity for the students to band themselves into a union arises out of their opposition to education 'doing to them' (as the status quo dictates) rather than they being willing participants in their own education for their own well-being and that of the mass of people in society. Specifically this manifests itself in the rejection of the course content by the students, through which the state through its education system tries to mould future citizens to uphold the status quo no matter how unjust. Quite often this is not the most significant trend amongst the student body, especially in the present harsh economic situation. More usually the prime immediate concern of students is the common struggle against the forced financial dependence on their own or parents resources, for a place to stay while at college etc. These general and specific concerns of the students about the education system has led them to form unions for their own defence. While they do not have a 'closed shop' theory as such it is becoming more and more the practice that all students have to join the student organisation and pay a fee for it's upkeep and functioning. This is correct. For the defence of the individual or the general body cannot be ensured if anyone is able to opt out from narrow self-interest. Therefore, just as the college makes it mandatory that all students register and sign a document agreeing to be 'bound by the rules and regulations of the college' (no matter how arbitrary) as a condition of studying at the institution so also the student body makes it mandatory that



NOVEMBER

23

WEEK 10

MON

24 Film Soc. - Blue Collar - 7.30pm - Kinema.

TUES

25 Lunchtime Concert.

WED

26 V.E.C. Meeting.

THUR

27 V.I.C.C. Meeting.

FRI

28

SAT

29

SUN

everyone join their organisation in order that no student or group of students is disadvantaged by the same arbitrary rules and regulations and for the overall betterment of the student condition.

In our society, despite the fact that we, as students, may be marginally better off than many working people the social system is not organised around satisfying our basic needs and still less those of the people in general. Our union is therefore always against the status quo and we use it to prevent the gradual whittling away of those rights that our predecessors have fought for, as well as struggling to wring further concessions from the wealthy who hold the purse strings and the instruments of power.

These are the basic reasons that it is most accurate to describe the union as a defence organisation of the student body. The defence of the students interests assumes broad proportions when the union operates as an organisation of all its members. Since the basis of unity in the union is around the common interests of the members and while the right to a decent education and proper financial support are fundamental all manner of activities can be regarded as 'correct' activity for the union. Thus the sport and cultural, service and travel aspects are as much a part of the union's work as are the political and more direct defence activities. The definition of the union as a defence organisation should be supplemented with "and the promotion of the students common educational, cultural, economic, social and political interests". It is impossible to defend students interests without all-round promotion of their welfare. The reason for this stress on the all-sided nature of the union's activity is because of the one-sided distortions that frequently manifest themselves in both the national and local unions - often depending on who is in the leadership. But having said that if the crucial characteristic of defence is ignored or opposed then little else can be achieved by the students through their organisation. In some colleges in recent years in order to get concessions from the college authorities on some issue the leadership has surrendered fundamental

DECEMBER

WEEK 11

30 Student/Apprentice.

MON

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1 College Council.

TUES

Film Soc. - La Luna - 7pm - Kinema.

---

2 Lunchtime Concert.

WED

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3

THUR

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4

FRI

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5

SAT

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6

SUN

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rights of the students, like the contraceptive service. Or, in other instances the financial viability of the union has been secured in return for surrendering financial autonomy, as had happened in the north and Britain when the National Union of Students in Britain took a very wrong stand on the new student union financing rules imposed by the Tory government.

If the union is operating properly as a defence organisation of its members then as well as fighting as a single body to protect the individual member and the general membership it also:-

- \* Takes a serious interest in the education and welfare of the students, including a correct stand towards opposing the education system and its imposition of anti-people ideas on the students.

- \* Develops both the representative and leadership characteristics of the organisation in harmony;

- \* Avoids any precondition being imposed on its members apart from the individuals support for the common interests of students;

- \* Understands that in defending their interests students ally themselves with the oppressed and exploited and supports progressive developments in the society;

- \* And above all guards its autonomy jealously.

DECEMBER

WEEK 12

7 Film Soc. - Immoral Tales & The Bed - 7pm - Kinema.

MON

8 Church Holiday. All classes closed.

TUES

9 Lunchtime Concert.

WED

10 Union General Meeting - Kinema - 11am.

THUR

11

FRI

12 U.S.I. National Council.

SAT

13

SUN

There are six third level colleges run by the City of Dublin VEC. These are the Colleges of Technology at Bolton St. and Kevin St.; the College of Commerce, Rathmines; the College of Marketing and Design in Parnell Square; the College of Catering in Cathal Brugha St.; and the College of Music in Chatham St. The first five have active Students' Unions. They have varying sources of income. By far the largest proportion of money, used to run the unions, comes from members' subscriptions. This money which is paid by the students, at the same time they pay their fees, is called "Capitation" money. Full-time students pay £14 and part-timers £4 this year.

In Bolton St., this year, capitation will be about £22,000. In 1972 the fee was £3 and £1; in '76 it was increased to £9 and £3. On both occasions the Students' Unions set the fee level for its members - at least that was the theory.

### CAPITATION FEE SYSTEM AGREED

Prior to 1972 the Unions were given a grant by the VEC towards the expenses of clubs and societies. But this was not a satisfactory arrangement. Firstly, it meant that the VEC only allocated money for the 'social' side of student activity but not the 'political' side. Secondly, such a system of financing the unions meant that the members made no direct contribution for the upkeep of the union. Thirdly, since it was a grant, the VEC could always cut it off if the unions made any serious protest against the authorities.

In 1971 the five unions asked the VEC to come to an agreement with them so that the Unions could collect dues from its members. The VEC appointed a Working Party to investigate how it could be done, legally and otherwise. This committee was composed of five students, five staff and an 'independent' chairman, Mr. Tom McCarthy who was very much a VEC 'man'.



DECEMBER

WEEK 13

14 Deadline for U.S.I. Congress Motions.

MON

15

TUES

16

WED

17

THUR

18 Last classes before Christmas holidays.

FRI

19

SAT

20

SUN

## JOINT STUDENTS' UNION COUNCIL (J.S.U.C.)

The working party recommended that the VEC collected a 'capitation fee' from each student, at the time of registration, and that the money be paid over to the union. However, it also recommended that there should be a sub-committee set up by the VEC which would have the same structure as the Working Party to oversee the scheme. It was to receive a set of audited accounts and a budget for examination. This committee was to be advisory and was to be called the Joint Student Union Council. However, the VEC changed the terms of reference of JSUC so that it had the powers not only to examine but also to approve the union's budget and accounts.

## DEPARTMENT OF EDUCATION APPROVAL

When the VEC went to the Department for approval of the scheme, the Department agreed that this money was special. The Department made it clear that it would observe on its side the spirit of the agreement that the money was the students own money, paid by them to their Unions. They said that they didn't want to get into any fights with the students over the capitation. While the Department of Education was prepared to go along with the VEC in the matter of independent financing of the Students' Unions the VEC was not!

At the fourth meeting of JSUC the manner of interference in union affairs became clear when the Kevin St. budget was objected to by the CEO and payment of the money due to them was withheld pending the receipt by the VEC, of an explanation from the Union. This was precisely what the Unions feared, that no matter how the union might decide to spend its own money the VEC would block any proposal it objected to and therefore effectively remove much of the decision making from democratic student bodies, such as the Annual General Meeting - which is the supreme decision making body of any union. Again in 1975 JSUC laid down that Students' Unions could not subsidise their shops with capitation money in order to lower the prices.

JANUARY

WEEK 14

4 All classes resume after Christmas holidays.

MON

5 College Council.

TUES

6 Church Holiday. All classes closed.

WED

7

THUR

8

FRI

9

SAT

10

SUN



## AUTONOMY NEGOTIATED AWAY (1976)

At the end of 1975 the Unions wanted to increase the amount of the dues paid by their members but this only allowed the flood gates of interference to open even wider. Using the fact that they had to collect the fee, the VEC refused until the unions agreed to many more restrictions. The Chief Executive Officer circulated a 'discussion paper' which was tantamount to taking the Unions over. It laid down that the Unions had to amalgamate into one big Union. with a central office, a common accounting procedure, an administrator etc. It also laid down that the Unions had to spend something like 50% on clubs and societies. Needless to say the Unions objected. But in the end agreed to much of what the VEC stipulated because they were starved of funds.

The Unions came out of the negotiations over a capitation increase with little of their autonomy left. While the capitation fees were increased to £9 and £3 the Unions were only paid £6.98 and £2.33 respectively. The reason for this was that while the Unions rejected political amalgamation they were forced to agree to an administrator being employed to oversee the financial side of the Unions. This person was employed by the VEC but paid out of Union funds!!! Also the Unions now had to allocate 35% of their capitation to clubs and societies no matter what the students decided, and they all had to have a common accounting method.

## VEC ADMINISTRATOR

This would have been bad enough but the full impact of these agreements (so-called) was not seen until later. For example, in the first year of the scheme no administrator was employed but the VEC deducted about £9,000 for the administration post in all from the capitation fees of the five Unions. The VEC refused to hand over the money and only reluctantly agreed to give back half of the £9,000 insisting that the rest was held by JSUC as a 'development' fund. The next year an administrator was employed. Once in office he proceeded to 'develop' his post until it

JANUARY

WEEK 15

11

MON

12 Film Soc. - Fame - 7.30pm - Kinema.

TUES

13 Lunchtime Concert.

WED

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THUR

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SUN



concerned itself not just with financial matters but also every aspect of student activity. This led to the complete revision of the terms of reference of JSUC from simple capitation matters to all sorts of issues not JSUC's business at all! When the common accounting manual was produced by JSUC it laid down many new areas of concern to JSUC. Not only is this manual more like a Student Union book of rules but it also gives the VEC the right to demand information from us about our shops and other financing activities apart from the capitation fee. The manual is obligatory.

### BOLTON ST. STUDENTS' UNION FINED £1,800

Two years ago the real purpose of the capitation scheme, as far as the VEC is concerned, was clearly seen. When Bolton St. Union objected to shop accounts and other information being given to the VEC their money was withheld for the year. Only when they agreed at the very end to submit the information under protest was the money paid over. Even then the VEC deducted £1,803 as a punishment for the students in that college carrying out a three week protest occupation over conditions in the college. This is the real purpose of the scheme. It is nothing short of a ball and chain on the Unions.

### STUDENT SERVICES (1981)

Last year the VEC unilaterally increased the capitation fee to £14 and £4. The Students' Unions were not consulted. The Unions were only to get £10 and £3 however. The balance was to be used to pay the Administrative Officer and to set up a Student Services Office. Bolton St. Students' Union resisted this attempt by the VEC to put its hand into the students' pockets to provide services which are basic in other third-level institutions and not funded by the students. It was our view that such services were indeed necessary but should be funded by the VEC or the Department of Education. This view gained the support of other Students' Unions and resulted in a submission from JSUC for comprehensive student services to the Department of Education. Surprisingly this was agreed to in principle by the Department and a Department-financed



JANUARY

WEEK 16

18 Student/Apprentice.

MON

19 Film Soc. - The Disappearance & Boom! - 7.30 - Kinema.

TUES

20

WED

21

THUR

22 V.I.C.C. Meeting.

FRI

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SUN

Student Services Office with three full-time employees - Head of Student Services, Accommodation/Welfare Officer and Councillor - was to be set up. It is not clear if these posts will get the final sanction of the Department but a temporary Head of Student Services (the old JSUC Administrator) has already been appointed.

The office will be administered by the "Student Services Council" which will be a similar make-up to the old JSUC (which has now been dissolved). The Council in turn will have several subcommittees - Sports, Welfare, Cultural and Union Finance - which will be attended by the relevant executive officers from the five Colleges. The Finance subcommittee will also have as members from each College "an elected, non-executive member of the student body". In the meantime the VEC have sanctioned the payment of the full capitation fee (£14. and £4.) to the Students' Unions. On the face of it the present situation is an advance on last year - the Unions are no longer paying a VEC employee and they have control of the Union Finance subCommittee. The real power, however, still lies with the Student Services Council (made up of the five Union Presidents, five Principals' nominees and an "independent" chairperson) which is the same as J.S.U.C. but under a different title. In fact the situation may even be worse because the Student Services Office, which is basically VEC controlled, has ambitions to move into all sorts of areas hitherto untouched by VEC interference.

Bolton St. Students' Union will, of course submit budgets, audited accounts etc., to its Annual General Meeting at the start of each year for the scrutiny of the students. We are the only people who have the right to control the spending of what is, after all, our own money.

JANUARY

WEEK 17

25

MON

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26 Film Soc. - Stalker - 7pm - Kinema.

TUES

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27 Lunchtime Concert.

WED

Union General Meeting - Kinema - 3pm.

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28 V.E.C. Meeting.

THUR

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29 V.I.C.C. Meeting.

FRI

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30 U.S.I. National Council.

SAT

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31

SUN



# Clubs and Societies

In the College we have a number of Clubs and Societies which are run by the students themselves. The aim of each Club and Society is to organize educational and social events for its members. The finance of course comes from the Students' Union, but this does not prevent any Club or Society from making its own money by organizing discos etc. At the beginning of the year a budget is submitted for each Club/Society. The budgets are discussed at a meeting of Club/Society representatives and the S.U. Executive and then each Club/Society is allocated a certain amount of money which they can draw against during the year.

Thursday Oct. 8th is 'Open Day' this means that all non-course related Societies and Clubs will be out to enlist new members, so if you are interested in getting involved in the social life of your college, hang around the 'C' corridor on the 8th and sign up.

Following is a brief description of some of the Clubs and Societies which are at present in existence in the college. If you are interested in setting up a group of your own, drop down to the S.U. office for a chat about it.

## ARCHITECTURAL STUDENTS ASSOCIATION

The A.S.A. is among the most active societies in the college, mainly because it has great involvement from its members. The A.S.A. organizes parties etc. throughout the year, but undoubtedly its major event is 'Flash Friday' which takes place in the 2nd term. Last year 'Flash Friday' coincided with the last day of 'The Week of Events' (Bolton St.'s 'Rag Week'), which meant that the whole college was involved. 'Flash Friday' is a day of concerts and fun which ends up in a great party.

## SOCIETY OF STUDENT ENGINEERS

The S.S.E. is, as Ann Fitzpatrick put it in the last

**FEBRUARY****WEEK 18**

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**1** Student/Apprentice. **MON**  
Deadline for amendments to U.S.I. Congress Motions.

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**2** College Council. **TUES**  
Film Soc. - Dressed to Kill - 7.30 - Kinema.

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**3** Lunchtime Concert. **WED**

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**4** **THUR**

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**5** **FRI**

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**6** U.S.I. Dublin Education Conference. **SAT**

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**7** **SUN**

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edition of the Student Apprentice, 'that revered body of professional engineering students'. It is run by a group of elected officers. The chairperson of the S.S.E. (honorary position), is a prominent engineer, so the leader of the executive committee is the Auditor. This society organizes site visits and industrial trips as well as the Annual Dinner Dance which is always a great success.

#### SOCIETY OF ENGINEERING TECHNICIAN STUDENTS

S.E.T.S. is the Society of Civil and Environmental Engineering Technician Students. This is one of the societies which seems to concentrate mainly on social events for its members, although it successfully organizes educational trips and lectures. Last year S.E.T.S. and S.S.E. got together to organize activities especially during the 'Week of Events'. S.S.E. members were invited to go on S.E.T.S. trips and vice-versa.

#### SOCIETY OF STUDENT SURVEYORS

The S.S.S. seems to have been run last year by rugby and soccer fanatics who arranged two trips to Britain for rugby matches, a rugby and a soccer match between the surveying students and the Royal Institute of Chartered Surveyors. Unfortunately, last year's programme had very little of an educational nature, or for those who were not interested in sport, hopefully this year the society will be a bit more active in these areas. In previous years the geo-surveying students have been more or less excluded from the elitest S.S.S., we can only hope that in the coming year there will be some move to change this.

#### MECHANICAL ENGINEERING TECHNICIAN SOCIETY

M.E.T.S. is a society which was brought back to life last year. Hopefully it will be kept alive this year as successfully as last. The highlight of last year's programme was a trip to Germany.



**FEBRUARY**

**WEEK 19**

**8**

**MON**

**9** Film Soc. - Mean Streets - 7.30 - Kinema.

**TUES**

**10** Lunchtime Concert.

**WED**

**11**

**THUR**

**12**

**FRI**

**13** U.S.I. Women's Conference.

**SAT**

**14**

**SUN**

## STUDENT SOCIETY OF ARCHITECTURAL TECHNICIANS

The Student Society of Architectural Technicians is based in Longford House. The location make it difficult for its members to become totally integrated in college activities, so this society has come to act as a focal point for activity in Longford House.

## SOCIETY OF STUDENT AERONAUTICAL ENGINEERS

This society concentrates mainly on industrial trips and lectures for its members. Its membership is drawn from those on a three year full-time 'apprentice' course in aero engineering. In previous years the S.S.A.E. has arranged soccer matches all over the world for its members.

## STUDENT SOCIETY OF MOTOR INDUSTRY MANAGEMENT

The S.S.M.I.M. is another Longford House based society. Although this society has in the past organized field trips and parties for its members it seems to concentrate a lot on finding jobs for its final year students, which is pretty boring for 1st and 2nd years.



FEBRUARY

WEEK 20

15 Student/Apprentice.

MON

16 Film Soc. - Bad Timing - 7.30 - Kinema.

TUES

17 Lunchtime Concert.

WED

18

THUR

19 V.I.C.C. Meeting.

FRI

20 U.S.I. National Council.

SAT

21

SUN



## OPEN SOCIETIES

The following societies are open to all students, apprentices and part-timers:

### COLLEGE CHRISTIAN SOCIETY

A small committed multid denominational group who meet twice a week and involve themselves in discussions and readings of a christian nature. Not the kind of group to gain mass support but nevertheless are likely to gain further members during '81 - '82.

### FILM SOCIETY

The Film Society exists primarily to give its members a chance to see films that for a number of reasons are not available in the commercial cinema. The society is widely supported in the college with films catering for most tastes. Membership is open to all and is available from Rose in the Students' Union office. For dates and times of screenings see diary section or the Film Society programme '81/'82.

### CHESS CLUB

The Chess Club was very successfully resurrected last year. This year they will be looking for experts and beginners again.

### PHOTOGRAPHIC SOCIETY

The Photographic Society had a struggling existence last year due to lack of equipment and members. Hopefully there will be more interest shown in it this year.

### BOLTON ST. YOUNG CHRISTIAN WORKERS

This is a Linenhall based group organized by the Chaplains. These young workers have been very active in advocating apprentices' rights. Unfortunately, they have been reluctant in the past to co-operate with the Students' Union. Hopefully this year will see a change.

**FEBRUARY**

**WEEK 21**

**22**

**MON**

**23** Film Soc. - Breaking Away - 7.30 - Kinema.

**TUES**

**24** Lunchtime Concert.

**WED**

**25** V.E.C. Meeting.

**THUR**

**26** V.I.C.C. Meeting.

**FRI**

**27**

**SAT**

**28**

**SUN**

## POLITICAL GROUPS

### FIANNA FAIL CUMANN

The 'Fianna Fail Cumann' was one of the few political groups to meet in the college last year. Their activities were not widely advertised in the college; perhaps this year they will keep the students better informed.

### H-BLOCK COMMITTEE

This committee is a non-party-political group which supports the five demands of the H-Block and Armagh prisoners. It was set up during the first hunger-strike after an open meeting in support of the prisoners which was organized by a group of apprentices and students. Its activity died down somewhat after the "settlement" of 18th December.

After the death of Bobby Sands M.P. in May the committee was reactivated in a much more vigorous form and two very successful marches to the G.P.O. were organized. Nobody involved in the committee would have thought that it would still be in existence this year but at the time of writing (mid August) with prisoners continuing to die, this would seem to be the case. The committee will continue to mobilize within the college for national and local demonstrations and will campaign for a change in the Students' Union's present "no position" on the H-Blocks to one of support for the five basic and just demands of the political prisoners of the H-Blocks and Armagh Gaol.

\*\*\*\*\*

### BOLTON ST. WOMENS' GROUP

Following a directive from Students' Union Congress last year, attempts were made to set up a Womens' Group in the college. The aim of the group was to try and sort out some of the problems faced by the women in this college. Unfortunately, the group was set up too near exam time and the women students could not afford the time to go to meetings.



**MARCH****WEEK 22****1 Student/Apprentice.****MON****2 College Council.****TUES**

Film Soc. - The Tin Drum - 7pm - Kinema.

**3 Lunchtime Concert.****WED****4****THUR****5 U.S.I. Congress.****FRI****6 U.S.I. Congress.****SAT****7 U.S.I. Congress.****SUN**

There was also some disagreement over the fact that those setting up the group wanted the first few meetings to be 'women only', because it was felt that women would be less shy discussing their problems if there were no men around. This year it is hoped that there will be a womens officer on the Students' Union Executive to represent the Bolton St. women students' views at inter-college meetings etc.

## PUBLICATIONS

Publications are an essential medium of communication with in the College. At the moment there are four main publications:-

### THE STUDENTS' UNION HANDBOOK AND DIARY

Produced by the Students' Union, contains a wealth of information of interest to students - you've read this part, be sure and read the rest!!

### THE STUDENT/APPRENTICE

Is the newspaper of the Students' Union. Since last year this has been produced on a fortnightly basis. It's function is to keep people informed about what's going on in the College. It also contains reports, short stories, poems etc., by students in the College, and advertises forth coming Club/Society events, Student Union meetings etc. The Editor of the Student/Apprentice relays very much on submissions from students - so get writing!

### THE B-FLOOR TIMES

Is the publication of the Engineering students. It does not appear on a regular basis. It is by no means an informative publication, it is merely a lighthearted comic and is mostly confined to the B floor.

### HARDCORE

Is the paper of the A.S.A. (Architectural Students Association), while the content may not amount to very much, the layouts and graphics are stunning!!

MARCH

8

WEEK 23

MON

9 Film Soc. - Airplane! & Jabbawocky - 6.15pm - Kinema.

TUES

10 Lunchtime Concert.

WED

11

THUR

12

FRI

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SUN



## SPORTS CLUBS

All Sports Clubs are under the control of the Sports Officer Mr John Dempsey and the P.E. Teacher Mr. M.C. Doogan.

The College Gym is situated on the top floor of the Linenhall building and can be booked for use by a class during a free period. Some of the Sports Clubs in existence are:-

### RUGBY CLUB

Bolton St. Rugby Club is affiliated to the Leinster Branch of the I.R.F.U. as a Junior 3 Club. However, since the 1977/'78 season the club has failed to compete in Leinster competitions due to a shortage of players. During the following seasons a selection (picked from other club players) has been fielded for the Gleeson Cup (non-university colleges competition) which the Club has won twice during this time.

This year it is hoped to gain new members and once more field a regular side. If you are interested in playing rugby for Bolton St. then join the Club on the Open Day October 8th.

### ORIENTEERING CLUB

This Club has been flourishing for a number of years now. The members are all especially keen and it has some claim to be the most active sporting club in the College.

"What's Orienteering"? you cry. Well the events are held on undeveloped, natural, forrested terrain. The participant is equipped with a map and advised to follow a basic course on the map, visiting controls on the way. During the event, the person assesses and chooses the finer details of his/her route and navigates around the course. Athletically minded people are encouraged of course, but the majority of Orienteers simply prefer a grand day out in the country/pub etc. Equipment is minimal, especially for the beginner and the Club has a limited supply of compasses, whistles etc.

MARCH

WEEK 24

15 Film Soc. - To be confirmed.

MON

16

TUES

17 Patrick's Day. College closed.

WED

18

THUR

19 Last classes before Spring Break.

FRI

V.I.C.C. Meeting.

20

SAT

21

SUN



The Club here in College (B.S.O.) is well organised and is a good crack. We have fairly close links to similar clubs in Trinity and U.C.D. with whom we liaise.

### EQUESTRIAN CLUB

The Equestrian Club was set up last year and managed to enlist upwards of twenty participating members. They arrange riding lessons at Ashtown Equestrian Indoor Riding School, hold Jumping competitions, and of course parties. So, if you are interested in learning to horse ride - join up on Open Day, 8th October.

### SOCCER CLUB

Soccer really took hold in the College with the formation of 'A' and 'B' teams. There was of course the added incentive of a possible 3-in-a-row for the first team in the A.I.B. All-Ireland Trophy. The First Team, with seven players on the Irish Technical Colleges International Team, was unfortunately beaten by Kevin St. during the finals week-end, but went on to beat Dundalk R.T.C. by 3 goals to nil in the play-off for 3rd place.

Tony Redmond 3rd year Bricklayer won the 'Clubman of the Year Award' while Paul Masterson 4th year Carpenter was voted 'Player of the Year'. Last season was perhaps the best season ever for the Soccer Club and the organisers are looking forward to an even better season this year. If you are interesdted in playing or supporting, contact Mr. Eustace Room C2, or sign up on Open Day 8th October.





APRIL

WEEK 25

29 All classes resume after Spring Break.  
Student/Apprentice.

MON

U.S.I. Welfare Committee Meeting.

30 U.S.I. Technological Sector Meeting.

TUES

31 Lunchtime Concert.

WED

1

THUR

2

FRI

3 U.S.I. National Council.

SAT

4.

SUN

### TABLE TENNIS CLUB

Table tennis has been very popular over the past few years, and it is not expected that there will be any change this year. The student who ran the Society last year has now left the College, so we'll be looking for someone to take her place - interested?!

### SWIMMING CLUB

The swimming pool at Kevin St. C.O.T. is available to Bolton St. students on Saturday mornings from 9.00 a.m. - 12.00 noon. A programme of evening activities is being drawn up at the moment, as soon as we have all the details we'll let you know.

### Gaelic Clubs

The Gaelic Clubs are run by Con O'Sullivan (contact at C.33). There's Gaelic Football, hurling and handball. Last year the Bolton St. Gaelic Football Club played alongside the other Vocational Colleges in Dublin (bar Rathmines) under the name of Dublin Institute of Technology (D.I.T.) doing very well in the All-Ireland Colleges competition. The Bolton St. Handball team is made up of players from other Clubs who are students here. There are however, no facilities for training or teaching new members.

### SAILING CLUB

The Sailing Club was very active last year with its membership coming from both students and apprentices. Last year they came first in the Laser Team Racing Championships (in which they were beaten by U.C.D. in the semi-finals) and many other events.

Last year the Club membership consisted only of those who could sail as there were no facilities to teach beginners. However, this year the Students' Union may invest in boats for the College!

APRIL

WEEK 26

5 Union General Meeting - Kinema - 11am

MON

6

TUES

7 Lunchtime Concert.

WED

8 Holy Thursday. All classes closed.

THUR

9 Good Friday. All classes closed.

FRI

10

SAT

11 Easter Sunday.

SUN



## **\* STUDENTS' SHOP \***

**Rotring Pens**

**Newspapers**

**Refill Pads**

**Cigarettes**

**Calculators**

**Drinks**

**Compass Sets**

**Arch Files**

**T-Squares**  
**Drawing Boards**  
**Set Squares**

**Miscellaneous**

The students shop situated in the basement of the main building, beside the Canteen, caters for most of the basic needs of all the students in the College. Goods stocked in the shop range from newspapers, sweets and soft drinks, to drawing equipment. This year we intend to supply snacks and hot drinks. Also this year we will be operating a buy and sell secondhand book service.

It is the policy of the shop to keep prices at a minimum. Cigarettes, sweets etc., are sold at the normal price but we keep the price of all stationery and drawing equipment as near to cost price as we can. The shop does not make a profit except enough to pay the two full-time people who work there.

We regret that we cannot stock as wide a range of goods as we would like, but we are very confined spacewise. However, if there is any item a student wants, we would be glad to order it, if a reasonable amount of time is given.

**JOHN GARVIN**  
**SHOP MANAGER**

APRIL

WEEK 27

12 Bank Holiday. All classes closed.

MON

13

TUES

14 Lunchtime Concert.

WED

15

THUR

16

FRI

17 U.S.I. Access to Education Conference.

SAT

18

SUN

## Part-time Students

There are about 2,000 part-time or night-time students in the College. They are full members of the Union and in theory have the same rights as other Union members (to vote, stand in elections etc.) They pay a £4. capitation fee, which is collected by the College as part of the fees, towards the Students' Union.

Traditionally this is the point in the hand-book where the so-called problems of part-timers are mentioned and possible solutions put forward - generally along the lines of liaison committees and clinics, and then nothing happens. It has been presumed that part-timers have problems peculiar only to themselves. This is questionable, they suffer from the same lack of facilities, library, space etc., as full-timers. Most part-time courses have parallel full-time courses and if the Students' Union is doing its job properly on issues such as course - content and facilities then the part-timers will also benefit.

This should not stop part-time classes from electing reps. to go to meetings (when possible) and to liaise with the officers of the Union. The Union now has two full-time officers so personnel isn't the problem it used to be. The Student/Apprentice (the Union newspaper) will be on sale every two weeks in the evenings and this is an excellent opportunity to raise any problems with the seller (generally a full-time officer). Most evenings one or other of the full-time officers will be available in the Union office (beside the Student shop in the basement) until nine o'clock.

All the services outlined in this book are available to part-timers and the student shop, which sells a wide range of stationery, calculators etc., is open 'till nine in the evening. Messages can also be left there. Student travel cards, unfortunately, are not available to part-timers, unless they are studying for one full day, in which case one can be obtained only from the Bolton St. Students' Union Office.



APRIL

WEEK 28

19 Student/Apprentice.

MON

20

TUES

21 Lunchtime Concert.

WED

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THUR

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FRI

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SUN

The main thing is for part-timers to let the Union officers know if a problem arises, use resources available e.g., by writing an article on your course for the Student/ Apprentice and avail fully of the services - shop, welfare advice etc.,

★ ★ ★  
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see what you save at* ★ ★

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Notebooks *plus* all students needs.

---

**Open on Saturday 9.30 a.m.-1.30 p.m.**

---

APRIL

26

WEEK 29

MON

27

TUES

28 Lunchtime Concert.

WED

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THUR

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FRI

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2

SUN



# **U.S.I. – The National Organization**

## **WHAT IS U.S.I.?**

The Union of Students in Ireland is the National Union of Students in this country.

It is a federal organisation composed of fifty seven member Constituent Organisations (CO's) which are Student Unions in 3rd level colleges. It represents over 70,000 students and students in both Northern Ireland and the Republic are members.

In Northern Ireland, students are joint members of both USI and the British National Union NUS (UK).

## **INFORMATION ON THE UNION OF STUDENTS IN IRELAND**

Who are members of U.S.I.?

Basically each student registered in a college affiliated to U.S.I. is a member of the National Union. Membership is defined under Article IV of the Constitution.

Your Students Union is affiliated to USI and thus every student paying a levy to their students union is a member of USI.

Your participation in USI is through your local union. A common fallacy is that USI is just its offices in a Dublin head office with regional offices in Belfast and Limerick; or else an organisation for the provision of cheap travel. This is just not true. USI is all its collective membership. Its Officers are just its functionaries and contacts with the media and Government.

## **WHAT DOES U.S.I. DO?**

USI negotiates on a national level on behalf of students with Government Departments, educational bodies and other national organisations.

MAY

WEEK 30

3

MON

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TUES

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Lunchtime Concert.

WED

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THUR

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It seeks to represent students views on a variety of issues as decided democratically by National Council and Congress. It organises campaigns on issues as decided on by Congress or National Council.

It provides research material on educational and other issues of concern to students.

It assists its constituent student unions in organising their work, in negotiating, in providing seminars etc.

It provides a travel service to students, through its travel company USIT.

It provides an insurance service to students, through its insurance company.

It represents Irish students internationally and is not aligned to any super power.

It publishes leaflets, posters, briefing documents etc., on matters of concern to Irish students.

It co-ordinates the work of local student unions and organises seminars, conferences, workshops etc., on various matters of interest to the local students unions.

It also holds training conferences for local student union leaders and executive members.

#### HOW IS U.S.I. CONTROLLED?

The policy and hence work done by USI is decided by The Annual Congress, to which each affiliated local student union is entitled to send delegates based on its member of students.

National Council, which meets about monthly during term time and to which each college is restricted to one delegate and 4 observers, is the Formal Executive of the Union. It takes decisions about the running of campaigns, finance etc.



MAY

WEEK 31

10

MON

11

TUES

12 Lunchtime Concert.

WED

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15 U.S.I. National Council.

SAT

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The Officers of USI are elected annually at Congress and execute the policy decided by Congress and National Council. The three full-time officer positions are: President; Deputy President; and Education Officer.

The nine part time officers (Vice Presidents) of USI are elected at National Council and are for: Culture; Education; External Relations; International; National Affairs; Sports; Welfare and Women. In addition, the Northern Ireland Regional Convenor (elected at Annual Conference of Northern Ireland colleges and the two National Unions) has the status of a V.P.

Each sector e.g. Teacher Education, Technological, etc., has regular meetings which discusses problems particular to that sector.

The Officers of USI for 1981-1982 are:-

President	Brendan Doris
Deputy President	Liam Whitelaw
Education Officer	Joe Duffy

The Vice Presidents are:

Culture	Anne Marie Mullan
Education	vacant
External Relations	Colm Ward
International Affairs	Saths Moodley
National Affairs	Brendan Smith
Sport	John Kenny
Welfare	Eoin Scott
Women	vacant
N.I. Convenor	Eugene Hickland

#### HOW IS U.S.I. FINANCED?

Partly through affiliation fees paid by each student union based on the number of full-time students.

Partly through a commission from the sale of ISIC cards (The Travel Card).

MAY

WEEK 32

17 Student/Apprentice.

MON

18

TUES

19 Lunchtime Concert.

WED

20 Church Holiday. All classes closed.

THUR

21

FRI

22

SAT

23

SUN



During the next year a major drive will be made to establish the national union and the local unions on a more stable financial base. USI will rely more on affiliation fees over a period of years.

The audited accounts of the union are available for inspection by any member at USI head office. Your local union should also have a copy. The budget estimates and affiliation fees levels are determined by National Council and Congress.

Head Office: 9 Anglesea Street, Dublin 1. Phone 710622

### U.S.I. IN NORTHERN IRELAND

Students in Northern Ireland are joint members of USI and NUSUK. This is under a Protocol agreement which was signed in 1975 between both national unions. Under this protocol student unions in Northern Ireland affiliate jointly to both unions, pay a joint affiliation fee and are serviced through a Joint Regional Committee. A full-time Regional Officer is employed jointly by the national unions to service the student unions in the North.

In addition to joint participation in the Region, the student unions in the North are entitled to full participation rights in USI. Both of USI's service companies - USIT and its insurance company operate in Northern Ireland. The USI National Office services Student Unions in Northern Ireland on the same basis as other CO's and participate fully in the work of the Region, on a joint basis with NUSUK.

For information please contact: Northern Ireland Regional Office (USI/NUSUK), 11 Fitzwilliam Street, Belfast 9. Telephone (084) 44641

MAY  
24

WEEK 33  
MON

25

TUES

26

WED

27

THUR

28 U.S.I. Conference on Northern Ireland.

FRI

29 U.S.I. Conference on Northern Ireland.

SAT

30 U.S.I. Conference on Northern Ireland.

SUN



# A Message from the President of U.S.I.



Dear Friends,

On behalf of the Officers of the National Union I would like to extend greetings to you for the new academic year. I welcome you to our 70,000 strong organisation, the Union of Students in Ireland. With all our members, throughout the south and north of the country, we look forward to working together to forge a better education and social future for ourselves and the working people.

At the present time unemployment; poverty (in the form of homelessness; malnutrition; inner city decay etc.); wage cuts; rising prices are all combining to weigh very heavily on the people of Ireland. Neither Government (Irish or British) has any solution to the crisis which has beset the world capitalist economies since the mid-seventies. They have no solution because it is impossible to maintain huge profits (which are always increasing) and improve the lot of the mass of the people. Thus also the education system is being run down because of the reduced need of the rich for managers, professionals, craftsmen etc. to run their state and industry. Last evening July 2nd it was announced that the British Government had ordered massive cuts in student intakes in England, Scotland and Wales, 28% (1,000 students) in one college at the University of Salford. So far they have announced nothing in the north but have engaged in much kite flying in regard to NUU, Coleraine.

In the South, the scarcity of places in the colleges is accompanied by such severe financial and living restrictions that many are forced to drop out. Government cuts have bitten deep, all capital development at third level



JUNE

31

WEEK 34

MON

TUES

1

WED

2

THUR

3

Church Holiday. All classes closed.

FRI

4

SAT

5

SUN

6

has been virtually stopped. North and south jobs prospects are very grim for graduate and young people alike.

For some twenty four years now the vast majority of students in north and south have combined together to defend their right to a decent education system and to further their interests as students in one single union. The necessity for this has arisen in the first place out of the nature and content of the education systems which are not in the interests of the vast majority of the people. Apart from the extreme difficulty in securing a place in college students face real financial hardship while having to contend with assessment methods that are frequently as unjust as they are arbitrary.

Our Union does not simply content itself with looking to defend students basic interests but provides means whereby we can have our say and effect change on matters of concern to all the people, of which we are part. We stand firmly for justice and peace in our own country and for a democratic education system for all the people of the country. Our opposition to both superpowers and the powerblocks they dominate (in which China has now emerged on the side of the U.S.) is implacable.

As in any union no precondition as to a persons politics is laid down. The basis of unity is the common interests of the students of Ireland. Through the decisions of our Congress each year we adopt policy to further that interest and support the just struggles of the people of our country and the world. Every student is encouraged to participate in all the decision-making in their own union, to contribute to discussion and out agreed upon decisions of their local and national union.

I wish you every success in your studies and in your union affairs.

Yours fraternally,

Brendan Doris  
President

7 Bank Holiday. All classes closed.

MON

8

TUES

9

WED

10

THUR

11

FRI

12

SAT

13

SUN



JUNE

WEEK 36

14

MON

15

TUES

16

WED

16

THUR

18 All classes terminate.

FRI

19

SAT

20

SUN



# A Place To Live

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The Students Unions, individually and with the assistance of the JSUC/SSC, attempt at the beginning of each academic year to provide a list of addresses at which accommodation is available to those who wish or have to live away from home. This list can be consulted at the S.U. office and anybody who makes use of it should inform the Union of their impressions of the accommodation. This applies especially where the student has agreed to take the accommodation, so that the list can be amended.

Those on the list are primarily offering digs/lodgings. This is where a landlady offers bed and meals. Be sure you know exactly which meals are on offer and find out if weekends include full board each day.

To those people who wish to go into flats, the Evening Press is the best point from which to start. It is available from lunchtime and the earlier one starts 'phoning or calling the better one's chance is. Other national papers also have accommodation columns, but are much less comprehensive.

Most of the flats on offer are in the Ranelagh, Rathmies, Terenure, & Harolds Cross districts - on the southside - and the Phibsboro and Drumcondra areas on the northside. Outside of these belts, accommodation - though less intense - is usually cheaper and if one goes further out of town very good houses can be rented at reasonable rates. The main problem here is getting downpayments and signing a minimum (usually) of a one year lease.

When on the lookout for a flat keep the following points in mind:

Don't just take the first place you view. You may be desperate for accommodation, but try and shop around. In examining the property check:

Is the place in sound structural order; good access door, well fitted windows and flooring boards, dampness and cracks in the walls.

Is there sufficient space, furniture, cooking utensils, bedclothes (except linen) power points. Is the Landlord/Lady resident. Is there a 'phone. Does your flat have its own meter for gas/electricity. How secure is the place and how many more units are in the building. How many do you share a bathroom with and is there adequate washing and drying facilities. Is there a lockable shed/yard for your bike. Are you near shops, on a good bus route to College.

If you are reasonably satisfied with the above and agree to rent the accommodation, you have rights, within the law to get maximum satisfaction for what you are paying. The following should particularly be noted.



### **(a) Tenancy Agreements:**

1. Most tenancy agreements are made verbally. In this case the law will apply certain basic covenants – the tenant to pay the rent and keep the flat in good repair. The landlord is obliged to allow the tenant peaceable possession.

2. If the landlord provides a written agreement read the terms carefully as these terms govern your contract and you are bound by them. Ask for a copy to keep for your own reference.

### **(b) Receipts and Deposits.**

Make sure that you get a rent book in which all payments of rent are recorded. Insist on a receipt for any deposits or key money paid by you, particularly if the deposit is returnable at the end of the tenancy. If you have to prove your tenancy, you will need a rent book and receipts as evidence. If the landlord does not provide these, he may be dodging income tax.

### **(c) Privacy.**

All tenants have a statutory right to quiet and peaceful possession of the premises as long as they pay their rent. The landlord has no right to enter a flat without the tenant's permission. If he does he is guilty of trespass and the tenant is entitled to have him removed.

### **(d) Rent Increases.**

The ability of the landlord to put up the rent depends largely on the small print of the tenancy agreement. An exception is that increases are restricted by law in "controlled dwellings", but the definition of this is so narrow that it does not apply to many flats (e.g. if the house was built before 1941 or if the rateable valuation is under £40 p.a.). Generally the landlord can increase rent at will.

### **(e) Electricity and Gas.**

Slot meters are installed in many flats for gas and electricity. You should ensure that the gas supply is in your name (otherwise the landlord may take the refund due to you) and that the electricity meter is fixed at the correct setting and has not been tampered with by the landlord. Check the setting with the ESB.

### **(f) Health, Safety and Fire Regulations.**

Where lack of maintenance constitutes a danger to health of tenants, the matter may be reported to the local authority who will send an inspector to investigate the complaint and may prosecute the landlord. Each local authority has Bye-Laws covering health and fire precaution, so do not hesitate to check these at the local council office.

### **(g) Insurance.**

You are strongly advised to take out a policy to insure the contents of your flat against theft or damage, since this is not landlord's responsibility. Progressive Insurances offer cover for a small premium (on average £8 per year).



## (h) Eviction.

Whether you live in a furnished or unfurnished flat, your landlord is not entitled to evict you. Eviction can be carried out only by a sheriff in enforcement of a Court Order for possession, which can take several months to obtain. This is true even where a "Notice to Quit" has been served, although rent must continue to be paid.

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## YOUR QUESTIONS ANSWERED:

1. *I've signed a lease and now the landlord wants to increase the rent. What can I do?*

Your landlord can only increase the rent if the lease provides for it.

2. *But I signed no lease. What can I do?*

(a) The landlord can only increase the rent at the termination of the initial agreement, and both parties can bargain for a rent. In all cases you should continue to pay the existing rent and dispute the amount of the increase, by asking the landlord for a justification of his claim to be entitled to an increase. If the landlord refuses to take the rent, lodge it in the P.O., or Bank in an account marked "For rent".

(b) Where a tenant wants continuance in tenancy after a rent increase, but feels that the increase is unwarranted, he may ask the District Court to fix the rent. An increase in rent made by the landlord on the basis of structural repair or improvements may be disallowed by the District Court, if the tenant can show that the expenditure was unnecessary and excessive.

(c) Where a landlord raises the rent without seeking the assent of the tenant, the rent increase is invalid and need not be paid. However, if it is paid it is not recoverable. (Conveyancing and Law Property Act, 1892 – Section 3).

3. *The landlord wants me to quit the accommodation. What are my rights?*

Once you are in lawful possession of any dwelling you can only be evicted by the landlord obtaining a Court Order. The service and expiry of a "Notice to Quit" does not oblige the tenant to vacate the premises – only a Court Order is compulsory.

Remember (i) A Notice to Quit must be a formal written document served personally on the tenant.

(ii) If a Notice to Quit validly terminates the tenancy and validly served, any tenant who stays on after its expiration runs the risk of having to pay costs incurred by the landlord in obtaining a Court Order.

(iii) The tenant, if he remains to plead the Court Order, will have to continue paying "mense rates" (Equivalent to the amount of the rent).

(iv) Usually, the Court does not order the tenant to pay the landlord's costs, therefore, the only thing a tenant has to lose by waiting in possession until a Court Order is obtained is any legal costs which he himself may incur.

4. *The Landlord is deliberately making life very difficult for me in my accommodation. I feel like leaving – What should I do?*

A Landlord's conscious efforts to make life so uncomfortable for tenants that they will be forced to vacate their dwelling usually amount to intimidation. Such intimidation or harassment takes many forms – cutting off electricity, water, heat, telephone, door-bell, etc., interference with your free entry to the dwelling or interfering with visitors. The Court usually take a very serious view of such activity and may sit as a matter of urgency to hear such cases if your solicitor has the necessary affidavits, etc. ready. A Court injunction can be obtained by the tenant to restrain the landlord from intimidatory behaviour. Costs, and damages, if sought, are usually awarded to the tenant.

*5. The landlord has evicted me by throwing my belongings out on the doorstep. What can I do?*

Any such eviction carried out by the landlord is illegal. You may be legally evicted only by a sheriff enforcing a Court Order. Indeed, any threat of such illegal eviction may be interpreted as intimidation.

*6. If I withhold paying rent will I not be able to pressurise the landlord into meeting my demands?*

Nothing could be further from the truth. Never Withhold Rent: Always pay, even if you are contesting a rent increase, an eviction intimidation, no matter what. It will count in your favour in court if you continue to pay the rent. If you stop paying you lose your tenancy. If the landlord refuses to take the rent, open a special bank account, mark it "for rent" and pay the rent into it.

*7. The physical conditions of my dwelling are of poor quality. What can I do?*

If there is no signed agreement it is very difficult to force a landlord to carry out his responsibilities with regard to the maintenance of the dwelling. However, where lack of maintenance constitutes a health hazard, you would contact your health authority, who will send an inspector.

*8. Our E.S.B. meter appears to be set at a very high rate and is costing a fortune. What can we do?*

A private individual selling electricity for profit is engaging in a "black market" activity. If you think your meter is set at too high a rate check with the E.S.B. or get them to inspect it.

## Conclusion:

The main points to remember are:

- (i) You have legal rights as a tenant.
- (ii) Always pay the rent.
- (iii) Make sure to get receipts and keep them.
- (iv) The landlord must obtain a court order to evict you.
- (v) The Landlord must obtain a court order to evict you.
- (vi) You can get a Court injunction to restrain a landlord intimidating you.





# Money

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## CHANGES IN THE HIGHER EDUCATION GRANT SCHEME

Amid a lot of confusion and rhetoric the new Minister, John Boland announced changes in the grants scheme.

Removing the padding and catch 22s one is left with the following:-

The maximum grant goes from £600 to £1,000; those eligible are all whose normal family residence is not in or adjacent to a college, those under the £8,000, a sliding scale then comes into operation finishing up at a lecture fee only if there are 6 children or more and earning up to £14,000. I enclose the various scales, it would be wise to go through them to get an understanding of how the complicated grants scheme actually works.

If students are already on a grant they will get the increase, however, they remain on the same position on the scale.

Second, third and fourth years cannot apply for a grant under the new scheme because one must apply for a grant in the year one does the Leaving Certificate.

The four honours criteria remains for the Universities, though the vocational scholarship scheme will now be on a qualification basis, in effect abolishing the scholarship scheme and the 4 honours criteria for the non-university sector.

### Comments

In itself the new scheme and its timing must be seen as



a step forward, however, the scheme is now so outdated that leaps and bounds would be more appropriate. The new means bands are liberal by any standards, though the actual full grant at £1,000 still falls £700 short of what USI believes is adequate, add to that the sliding scales, residence, number of siblings, four honours, year of Leaving Cert.etc. we are left with a pretty thin creature that will bring the figure of persons on any form of grant from about 22% to 28%. Throw in the fact that the amount of money allocated is, so far, quite small, no increase in the number of places and the complexion of the scheme pales somewhat.

By going through the attached scales you will quickly see how difficult it still is to get any form of grant yet alone the elusive but much publicised £1,000.

### V.E.C. SCHOLARSHIPS

The situation for students applying for V.E.C. scholarships is slightly better. If you have five passes in the Leaving Cert. and you fall within one of the means test bands (similar to the Higher Education Grants scheme) you qualify. There is no longer a quota. The same restrictions as are in the Grants scheme exist - the most obvious being the eligibility of first year students only. If you did your Leaving Cert. in 1979 or 1980 and qualified for the means levels then pertaining but missed out the cut-off point you should apply again. A difficulty may arise with different V.E.C.'s interpreting the regulations differently, so the best policy is to apply (or re-apply) anyway and see what happens. Otherwise we'll have a situation like last year where the money allocated by the City of Dublin V.E.C. wasn't all taken up!

### "HARDSHIP" FUNDS

The City of Dublin V.E.C. has a very limited fund, financed from contributions from organizations, companies and individuals, for very special cases. There is also a special fund for students coming from City of Dublin V.E.C. second level schools. This year the Students' Union (subject to the agreement of the Annual General Meeting) will be

operating a limited (£1,000 altogether) and confidential Welfare Fund for students with severe financial difficulties.

If you are in any doubt about these schemes or if you have any other money problems drop down to the Students' Union office (beside the shop, D1).

<u>Income of Parent p.a.</u>		<u>Rateable Valuation</u>		<u>No.of dependent children</u>					
£	£	£	£	1/2	3	4	5	6	+
Over 11,500	& under 12,000	Over 92	& under 95	-	-	-	-	D	
" 11,000	& " 11,500	" 88	& " 92	-	-	-	D	C	
" 10,400	& " 11,000	" 83	& " 88	-	-	D	C	B	
" 9,800	& " 10,400	" 78	& " 83	-	D	C	B	A	
" 9,200	& " 9,800	" 73	& " 78	D	C	B	A	A	
" 8,600	& " 9,200	" 69	& " 73	C	B	A	A	A	
" 8,000	& " 8,600	" 64	& " 69	B	A	A	A	A	
"	" 8,000	"	" 64	A	A	A	A	A	

SCHEDULE A: Maintenance (per annum) for those outside college or town or course not available in local college.

Category A:	£1,000 in respect of maintenance and other expenses
Category B:	800 in respect of maintenance and other expenses
Category C:	600 in respect of maintenance and other expenses
Category D:	400 in respect of maintenance and other expenses

SCHEDULE B: Maintenance (per annum) for those living inside college or town or suitable course.

Category A:	£400 in respect of maintenance and other expenses
Category B:	£320 in respect of maintenance and other expenses
Category C:	£240 in respect of maintenance and other expenses
Category D:	£160 in respect of maintenance and other expenses

SCHEDULE C: Eligible for Lecture fees only.

<u>Income of Parent per annum</u>		<u>Rateable Valuation</u>		<u>No.of dependent children</u>					
£	£	£	£	1/2	3	4	5	6	
Over 12,750	& under 14,000	Over 102	& under 112	-	-	-	-	F	
" 11,500	& " 12,750	" 92	& " 102	-	-	-	F	F	
" 10,250	& " 11,500	" 82	& " 92	-	-	F	F	F	
" 9,000	& " 10,250	" 72	& " 82	-	F	F	F	F	
"	" 9,000	"	" 72	F	F	F	F	F	

Category F: Lecture fee only





# Health

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## GENERAL HEALTH SERVICES.

Health Services in the Republic of Ireland are administered through eight Regional Health Boards, established under the Health Act 1970. Each of these Health Boards has statutory responsibilities for the provision of health services in a specific area of the country. Although the Boards operate within parameters laid down by the Department of Health, the services vary from one region to another. It will therefore be necessary in many cases to check local details with the appropriate Board, and addresses and telephone numbers of Health Boards are therefore included in the telephone directory.

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## STUDENTS AND MEDICAL CARDS.

In 1971, USI successfully negotiated the extension of the national health service to students. Under the 1970 Act, those who have a Medical Card are entitled to **full eligibility** for free comprehensive health services for themselves and their dependents.

Holders of Medical Cards are those who in the opinion of the Officer of the Health Board are "unable without undue hardship to afford general practitioners services for themselves and their dependents".

In general, students, apprentices and those undergoing full time training who are over 16 years fall into this category and are able to apply for a Medical Card in their own right. Their parents, when applying for a family Medical Card will still be able to claim an allowance of £3.60 in respect of them even if they are given a Medical Card while they are living at home.

### How Do I Apply For A Medical Card?

You must complete an application form available from the local Health Board Office and Students Union Office. After filling in the application form the procedure (and waiting time) varies from one Board to another. In some regions, if your application is successful you are notified accordingly and given a list of private doctors who have joined the scheme. You are also





given a Doctor's Acceptance Form, which you must take to any doctor on the list and ask for his signature accepting you as a patient. The form is then sent back to the Health Board and a Medical Card issued.

In other regions the procedure is much shorter. The application form includes a Doctor's Acceptance Form and you get your doctor's consent before sending in the form. Then, if you are eligible the Medical Card is issued as soon as the Form is processed.

If you have been told that you are eligible for a card and are waiting for it to be issued, any doctor on the list will be paid by the Health Board for attending you. Until the card is issued, however, the doctor may, if he chooses, ask you to pay instead.

It may be more convenient for the Students Union and the College Administration to keep a stock of Medical Card application forms and list of local doctors for distribution to students. Students are urged to apply at the very start of the year.

### **What are the Age Limits?**

All cards are reviewed periodically. A person should normally be informed that his eligibility is under review and asked to give an account of his current earnings. Cards should not suddenly be withdrawn without notice. In some cases, an expiry date appears on the Card, after which it must be reviewed for a further period.

### **What Happens If I Move to Another Area?**

You have to re-apply in the new area. The main reason for this is that a new Doctor's Acceptance Form is needed. Your existing Medical Card will remain valid for three months, so if there is any delays you will be covered for that period.

### **What Happens If I Am Temporarily Absent?**

Your existing Medical Card will cover you for 3 months temporary resi-

dence in another Board area. This should normally cover periods of absence for teaching practice, industrial training, holidays, etc. In cases of difficulty contact the local Health Board Office.

### **Does My Medical Card Cover Me Outside The State?**

No. A special certificate called **Form E 111** must be obtained prior to leaving the Republic of Ireland in order to avail of medical services abroad. The following categories of students would be eligible for such a certificate, which is issued by the local Health Board:

(1) Students under 18 whose parent(s) are insured under the Social Welfare Acts or in receipt of contributory pensions under Social Welfare Acts.

(2) Students who are themselves insured, having paid at least one employment contribution in the Republic of Ireland within 18 months and having an insurance identification card. This card must be produced or the serial number quoted.

Students outside these categories and all students travelling to destinations outside the E.E.C. should be advised to take out a travel insurance policy, which can be obtained at a reasonable rate through USIT.

For more information see the Department of Health's booklet on "Medical Treatment for Visitors to other Common Market Countries" and "General Health Information for people travelling abroad".

### **What Happens If I Lose My Medical Card?**

You must contact your Health Board Office immediately who will send you a duplicate copy of your card. When you first receive your card, you should keep a note of the number so that if the card itself is lost, services can be obtained by quoting the number.

### **MEDICAL CARD SERVICES.**

There is a range of services available to Medical Card Holders which we describe below. The extent of some of the services varies from one Health Board area to another. It is only possible to give a general description. To check the details you should contact your local Health Board.

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### **CHOICE OF DOCTOR SCHEME.**

The most important service available to Medical Card holders is the one which gives them a choice of the doctor whom they attend. Each person with full eligibility can choose the doctor they wish to attend from a list of doctors supplied by the Health Board. Once the doctor agrees to accept the person as a patient the Medical Card Holder becomes entitled to exactly the same treatment as a private fee-paying patient. A doctor should not discriminate in any way between his public and his private patients. If he sees his public patients in what used to be the Dispensary he should see his private patients there as well. If he sees his private patients at home, he should see



his public patients there as well. A Medical Card Holder is entitled by right to the same service as anyone else, including house-calls, when necessary, from the doctor.

### **FREE MEDICINES.**

The Medical Card covers the cost of all prescribed medicines. When you get a prescription from your doctor take it to any Chemist within the Scheme and produce your Medical Card. He will then dispense the prescription for you at no cost to you. Chemists are paid for providing the service and they should not discriminate in any way against Medical Card Holders. They should not, for example, unreasonable restrict the hours for public patients to call nor can they give them second priority to fee-paying patients.

### **HEARING AIDS.**

Hearing Aids are supplied to Medical Card Holders by the National Rehabilitation Board, 25 Clyde Rd., Dublin 4. The initial examination will be carried out by the family doctor and he will refer the patient to a specialist if necessary.

### **WALKING AIDS, WHEELCHAIRS, ETC.**

Medical and surgical appliances are available free-of-charge to Medical Card Holders provided their family doctor certifies that an appliance is necessary. The doctor will fill out a certificate and give it to the patient who should then send it on to the local Health Board. Arrangements will be made for the patient to receive the appliance from the appropriate supplier.

There is a considerable range of appliances which may be prescribed but the most commonly required are wheelchairs, commodes, artificial limbs, surgical belts, braces, special shoes/boots, crutches, walking aids, back rests.

### **CHIROPODY SERVICE.**

A chiropody service is available in many areas to Medical Card Holders. For instance, in the Eastern Health Board area Chiropody Cards are issued on application to the Board but a person under 65 years should submit a note from their doctor or Public Health Nurse confirming that the service is necessary. In some areas the service is provided by voluntary organisations who employ a chiropodist with the help of Health Board funds. It is advisable to check the local situation by contacting the Health Centre or Health Board Offices.

### **MATERNITY CARE.**

An expectant mother who is covered by a Medical Card is entitled to full medical, surgical and midwifery services, free of charge. She may choose to be treated by any doctor who has entered into an agreement with the Health Board for the provision of the services. If the doctor agrees to accept her as a patient she can avail of his services for all health needs connected with the pregnancy. She is, of course, also entitled to free hospital services in a public ward during confinement.



## **FREE MILK FOR MOTHERS & CHILDREN UNDER FIVE.**

All Health Borads operate schemes under which milk is provided free of charge for nursing and expectant mothers who are covered by Medical Cards. To claim the allowance of 1 pint daily, a mother should apply to the Health Board accompanying her application with a note from a doctor, midwife or hospital, to the effect that she is pregnant and giving the date of expected confinement. Nursing mothers are also expected to send the Health Board a note from a doctor, midwife, or hospital to the effect that she is breast-feeding the baby. The Health Board will then notify a milk supplier who delivers in the local area and will arrange for the milk to be delivered in the normal way.

A milk allowance is also available for children under 5 years. It varies from 1 pint daily for one infant to 3½ pints daily for one infant and four children.

## **TRAVELLING TO AND FROM HEALTH SERVICES.**

Allowances are available for Medical Card Holders who incur extra expense in travelling to avail of Health Services which are provided for them. A person is generally advised to use public transport but if this is not possible, the doctor may be able to arrange for an ambulance or a taxi to be available. This service is particularly essential to those living in remote areas. It means that if their local doctor refers them to a specialist or to a hospital they will be in a position to receive proper treatment without any extra expense.

## **EXPENSES FOR VISITING RELATIVES IN HOSPITAL.**

In cases where children under 16 years and mentally retarded children are in hospital for long periods (over 1 year) the Health Board will provide expenses for two members of the child's family to visit him six times a year. The scheme applies mainly to Medical Card Holders but those who could not visit their child without undue expenses are also included. Generally the scheme is available for longer journeys only and city and suburban services are excluded. It is expected that those receiving travelling expenses would use public transport. To avail of the scheme a person should contact the Welfare Section of the Health Board and a note will be provided to give to the travelling authorities. When this is presented a ticket for the journey will be issued in the normal way.

## **DELAYS.**

It is sometimes alleged that Medical Card Holders are subjected to undue delays in waiting for treatment, obtaining reimbursement of expenses from Health Boards, etc. If there are complaints from individuals about this, the Welfare Officer having obtained the relevant details should take the matter up in the appropriate quarters (Health Board, Medical Practitioner, etc.). If there is a series of similar complaints they should be documented and submitted to USI who will make representation to bodies such as the Department of Health, Professional Societies, etc.

## **FREE HOSPITALISATION.**

A person who holds a Medical Card is entitled to free out-patient treatment, including specialist care in a Health Board hospital or a hospital approved by the Health Board. Similarly, in-patient treatment is also free in a public ward. The hospital used must be one which is run by the Health Board or approved by it. If you enter a private nursing home the Health Board will only make a small fixed contribution towards the cost. It is important to ensure that the accommodation and treatment which you receive in hospital is covered by your eligibility. If it is not you may find that you will be asked to pay more than you can afford.

In case of emergency, facilities are available immediately for the treatment of Medical Card Holders. When the treatment is less urgent there may be a waiting period for both out-patient and in-patient treatment. The out-patient or in-patient treatment is provided in a Health Board hospital or one which has been approved by the Health Board.

## **NURSING SERVICE.**

Each Health Board provides a home for nursing service. It is available to all members of a family holding a Medical Card and there is a special emphasis on care of elderly. Normally, the family doctor will recommend when such nursing is required and will make the necessary arrangement. The service is provided by Public Health Nurses who can be contacted at the Local Health Centre.

## **DENTAL TREATMENT.**

A free dental service is available to Medical Card Holders though the waiting list is at least six months at the Dental Hospital. The treatment available varies considerably from one Health Board area to another and, in general, is not very comprehensive. It would be necessary to get full details of the local service from the Health Centre of Health Board Offices. Medical Card Holders whose stamps do not entitle them to the full cost of treatment may be entitled to recoup the balance from the Health Board because of their medical card.

## **EYE TREATMENT.**

Medical Card holders can have their eyes treated free by their family doctor. If necessary, he will refer them to a specialist who will arrange spectacles to be supplied free-of-charge if required. If a person has to see a specialist there may be a long waiting list for appointments and this may cause considerable delay in receiving treatment. To obtain payment the prescription should be forwarded to the area office of the Health Board, together with the medical card number.

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## **MEDICAL SERVICES IN EEC COUNTRIES.**

1. The Regulations of the European Communities apply to you if you are:



- (a) an employed person or a pensioner who has previously worked as an employed person and is a national of one of the Member States, a stateless person or a refugee;
- (b) a member of the family of such a worker or pensioner.

These regulations apply to you only if you reside in one of the Member States.

2. The Member States of the European Communities are Belgium, Denmark, Federal Republic of Germany, France, Ireland, Italy, Luxembourg, Netherlands and United Kingdom of Great Britain and Northern Ireland (including Gibraltar).

3 You are entitled to the following benefits:

- (a) urgent medical treatment provided by a GP or specialist, drugs and medicines, dental treatment, hospital treatment, etc. It should be noted that the treatment you receive is that which the institution of the country where you are staying provides for persons insured with it, not the treatment to which you are entitled in your own country.
- (b) Cash benefits. If you think that you are entitled to such benefits, you should, **within three days** of falling ill, apply to the sickness and maternity insurance institution of the place where you are staying. That institution will give you any information you may need; the institution of each Member State is listed in this Guide.

4. Formalities you have to complete to obtain medical treatment; before you go to stay temporarily in a Member State other than the one in which you are insured, you should obtain Form E 111 from your sickness and maternity insurance institution, i.e. from:

in Belgium	Mutualite/Mutualiteit (sickness fund) or Regional Office of the Caisse Auxiliare d'assurance Maladie – Invaliditeitsverzekering (auxiliary fund for sickness and invalidity insurance);
in Denmark	Kommunens Social-og sundhedsforvaltning (social and health department of the commune); In Greenland: Kaemneren (local treasury department);
in the F.R. of Germany	Sickness fund with which you are insured.
in France	Caisse primaire d'assurance-maladie (local sickness insurance fund);
in Ireland	Health Board;
in Italy	INAM (National sickness insurance institution);
in Luxembourg	Caisse de maladie (sickness fund);



in the Netherlands

Ziekenfonds (sickness fund);

in the United Kingdom

local offices of the Department of Health and Social Security in Great Britain, and of the Department of Social Services in Northern Ireland. In Gibraltar, the Department of Labour and Social Security.

Form E 111 tells you, among other things for what length of time benefits are provided.

If you or a member of your family need medical treatment during your stay, you should present Form E 111 to the sickness and maternity insurance institution of the place where you are staying (see page 2 of the Form).

If you do not have the Form, the sickness and maternity insurance institution of the place where you are staying should apply for it on your behalf to the institution with which you are insured. In such a case, you risk having to pay the cost of treatment yourself, paying higher fees and getting a refund only after considerable delay. Form E 111 is not required in some Member States.

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## DIET

Originally the word diet meant a way of life, so it included much more than just a list of foods to eat or to avoid, e.g. ways of clothing would be discussed. Nowadays the meaning has narrowed down to consideration of all aspects of eating.

In chemical terms the foods essential for life are water, proteins, carbohydrates, fats, minerals and vitamins. Two additional factors, though not essential, are necessary for good health and enjoyment of eating. These are roughage (usually unavailable carbohydrates or fibre) and extractives (flavouring agents). All these elements must be present in sufficient quantity and in correct proportions to one another for healthy living. Nearly all everyday foods contain a mixture of these elements thus in practical terms a good mixed diet will supply all that is needed.

There are certain other points however which need consideration:

1. **Water:** Although we take in water in the form of beverages, e.g. tea/milk, it is a good idea to begin and end the day with a glass of water. The one taken first thing in the morning could be hot as it assists bowel movement.
2. **Protein:** Which are present in meat, fish, eggs, and to a lesser extent some vegetables are an expensive part of a diet. Sufficient is necessary, but there is evidence that excess, especially those of animal origin is harmful.
3. **Carbohydrates:** Are our main source of calories. Excess of these is main cause of overweight. Unrefined (wholemeal bread) are much

better for us than the refined foods such as sugar.

4. **Fats:** Are a rich source of calories but they too should not be taken in excess. It is important that one should avoid large quantities of animal fats but rather should concentrate on vegetable fats, e.g. one should cook in vegetable oils and take some vegetable margarine rather than large quantities of butter. Included in this group could be cholesterol which is present for example in eggs. Excess of this chemical is harmful thus one should avoid eating more than one egg per day on average.
5. **Minerals:** Such as iron, calcium and sodium. These are present in many items of food and would be present in adequate quantities in a good mixed diet. However one should avoid adding too much salt which is described as a table additive.
6. **Vitamins:** There are over ten of these vitally needed substances, which are essential for life in only small quantities. Deficiency of over a long time will lead to serious disease. The average good mixed diet in this country as sufficient vitamins in its daily food, additional vitamins, e.g. in pill form, are not going to make one any healthier. Indeed certain vitamins are dangerous in excess.
7. **Roughage:** This brings to the fore the advantage of unrefined foods over refined.

### **Refined V Unrefined Foods.**

For a long time, we've looked on refined food as big treats. Cakes and biscuits and bread all made from white flour and refined sugar, are big favourites. What we're now beginning to realise is that refining foods is bad for us in many ways. For one thing, you can take the good out of food by smoothing it out and dressing it up too much. Polished white rice, for example, has almost all the good taken out of it by the polishing process. What's worse is that it seems that the fibre we take out of foods to make them look and taste the way we're now used to having them, is something our bodies miss. We take all of the fibre from the cereal grains to give us white bread, for example. The problem is that this fibre gives bulk in our digestive organs which firstly keeps up from getting hungry so often, so that it helps in weight control. In addition, lack of fibre can give rise to constipation and varicose veins. Doctors now believe that there's a connection between lack of fibre and bowel disorders.

All in all, then we need fibre. More fibre than most of us eat. But where do we get it? In most unrefined foods. Fresh fruits and vegetables have lots of fibre in them — it doesn't have to be the coarse, stringy 'roughage' most of us think of when the word 'fibre' is used. Even the gentle little strawberry has useful fibre in it! Eating whole-meal bread instead of white bread, and a bran cereal instead of cornflakes all help.



## RICHEST IN FIBRE – LOWEST IN CALORIES.

- |                     |   |
|---------------------|---|
| 1. Runner Beans     | 11. Celery                                |
| 2. Parsley          | 12. Turnips                               |
| 3. Spring Greens    | 13. Bran                                  |
| 4. Mustard & Cress  | 14. Leeks                                 |
| 5. Brussels Sprouts | 15. Carrots                               |
| 6. Raspberries      | 16. Swedes                                |
| 7. Cabbage          | 17. Apricots—dried, stewed without sugar. |
| 8. Spinach          | 18. Tomatoes                              |
| 9. Blackberries     | 19. Peas                                  |
| 10. Watercress      | 20. Broadbeans                            |

### Meals.

It has been found that a number of regular moderate to small sized meals are better than a long fast followed by a large meal especially if at the end of the day. If possible, the major meal should be at the middle of the day. Meals should be unhurried and taken in a relaxed state, in conjugal company or if alone a non-stimulatory book could be read.

### Energy Intake.

If you're talking money, then the more you store up, the more you have. If you're talking energy, then the more you store up, the LESS you have. It

*Meals should be used as a time to relax before returning to study. Try to avoid the above.*





sounds a ~~contra~~ contradiction. But it's not. The simple fact is that the food we eat is converted into one of two things — energy to help us do our work, and fat. Fat is quite simply stored, unused energy. And the problem is that once you begin to store fat, you feel more tired. Naturally because you're dragging around extra unnecessary weight. So you take less exercise, and store up more unused energy as fat. Quite often, when people say "I have no energy", what they really mean is "I'm storing too much of my energy."

It's a question of getting the balance right. The food you eat needs to be balanced by the exercise you take. To feel really well, you need to spend what you take in — you need to equal in exercise the energy you take in in the form of food. When you do that, not only is your weight under control, but you feel better, and the energy you take in every day is there, ready for use — not stored up as fat cells you have to carry around.

#### Note Regarding Weight-Reducing Diets.

Nearly every week there appears in journals or even the daily papers some form of crash diet for reducing weight. It is important to remember that it is far better to establish good eating habits which will keep your weight at a low level rather than to bring down your weight rapidly only to find that as soon as you go off the diet your weight will increase again. Thus one could give up for good taking sugar in tea or always taking one helping of sweet rather than two, or going for fresh fruit rather than preserved in syrup.

#### RECOMMENDED DAILY INTAKES OF ENERGY (CALORIES).

Age Range Occupational Energy Category.

BOYS & GIRLS.			Moderately Active		3000
0 up to 1 year	800		Very Active		3600
1 up to 2 years	1200	35 up to			
2 up to 3 years	1400	65 years	Sedentary		2600
3 up to 5 years	1600		Moderately Active		2900
5 up to 7 years	1800		Very Active		3600
7 up to 9 years	2100	65 up to			
		75 years	Assuming a sedentary life		2350
BOYS					
9 up to 12 years	2500	75 & over			2100
12 up to 15 years	2800				
15 up to 18 years	3000	WOMEN			
		18 up to			
GIRLS					
9 up to 12 years	2300	55 years	Most Occupations		2200
12 up to 15 years	2300	55 up to			
15 up to 18 years	2300	75 years	Assuming sedentary		
		75 & over	life		1900
MEN					
18 up to		Pregnancy	2nd & 3rd Trimester		2400
35 years	Sedentary	Lacation			2700
	2700				

#### A Few Fallacies.

*Toast is less fattening than bread.*

Absolute nonsense. Toast and bread have precisely the same amount of

calories.

*Salads are always slimming.*

Not if they're covered in dressing or swamped in mayonnaise, they're not. Nor if they're teamed with scotch eggs, sausage rolls or thick chunks of heavily buttered bread. Crisp, dry and on their own – salads are slimming.

*Coffee keeps you awake at night, but tea doesn't.*

The part of coffee that keeps you awake at night is caffeine – and tea has just as much as coffee. Some soft drinks, too, have caffeine. The best go-to-bed drink is a warm milky one.

*Grapefruit makes you burn off fat quickly.*

It doesn't. Grapefruit is useful in a slimmer's diet because if eaten without sugar, it can help cut down a craving for sweet things. But it isn't magical.

*Alcohol is full of nutrition.*

Total Rubbish. Alcohol is used by the body only as a source of calories and it has little nutritive value at all.

*Exercise increases the appetite and so puts on weight.*

Not so. Activity uses up calories and keeps the body physically fit. Indeed regular moderate exercise can regulate weight.

*Middle aged people shouldn't exercise.*

Not so. Of course if someone is a long time away from physical activity they shouldn't start with very strenuous exercise. But exercise is good for and necessary for all.

*Smoking helps people relax.*

Indeed it doesn't. Nicotine is a stimulant not a relaxant. In fact the heart beat is faster than normal when smoking, perhaps by up to 40 beats per minute.

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## **Energy – Expenditure.**

### **The Best Exercise for you.**

Exercise, in order to be good for you, doesn't have to be complicated. You don't have to go in for weight lifting. You don't even need a track suit.

Some very useful exercise can be taken inside your own home. Just by walking upstairs, you can use more calories per minute than you would use playing golf or tennis, because in addition to transporting your body weight from one point to another (as is involved in walking on flat ground) you're also lifting your entire body weight against the force of gravity, which calls for extra effort and a greater spending of calories. So by making a resolution that you won't take the lift or the escalator in shops or offices any more, you're already on a keep-fit regime!

Out of doors, of course, you have the added benefit when you take exercise that you're also taking fresh air. Swimming, cycling and jogging, if done





regularly, are all good forms of exercise. It's the regularity which is most important.

One of the simplest forms of exercise, in which almost everybody can engage, is walking. By walking two miles a day without stopping or strolling, you could bring your weight down by a stone a year. NOT taking the car or bus to many of the places you visit regularly could give you a whole new perspective on your locality.

And keep you fit into the bargain.

### Calories Burned Per Hour At Work And Play.

#### Recreation.

Badminton	400
Basketball	550
Cardplaying	25
Cycling slowly	300
Cycling strenuously	600
Dancing, slow step	350
Dancing, fast step	600
Fishing	150
Golf	250
Hiking	400
Horse-riding	250
Light gymnastics	500
Painting	150
Piano Playing	75
Rowing	400
Singing	40
Running slowly	600
Running fast	900
Skating leisurely	400
Skating rapidly	600
Skiing	450

Soccer	650
Swimming leisurely	400
Swimming rapidly	800
Tenpin bowling	250
Tennis, singles	450
Tennis, doubles	350
Walking, leisurely	200
Walking, rapidly	300
Watching television	25

#### Job Activities.

Answering telephone	50
Bathing	100
Bed-making	300
Brushing teeth or hair	100
Dressing, undressing	50
Driving Car	50
Dusting furniture	150
Eating	50
Filing (office)	200
Gardening	250



Ironing	100	Sawing	500
Mopping floors	200	Sewing	50
Preparing food	100	Tuping	50
Reading	25	Walking upstairs & down	800
		Washing-up	75

## Fit For What?

The main reason for improving your fitness is simply so that you'll get more out of life. Present day living, with cars, buses, desks and television is the enemy of the human body. Bodies become stiff, flabby and fat.

Your body was meant to be used and many people forget that. Use it and its strength and vitality will come back. In general you'll look on life with greater confidence. It's a bit like what can happen to a car. Leave it alone even for a fortnight when you're away on holidays, and what happens?

The battery runs down, rust begins on the bodywork and even the tyres deflate. The body that is not exercised begins to degenerate. If you're unfit you run a greater risk of ill-health. Certainly breathing trouble is a possibility, arthritis back pain and others. And of course the unfit have a greater danger of heart disease and high blood pressure. You should exercise in order to put joints and muscles into good working order. Fitness also means developing the strength for the unexpected requirement, lifting heavy logs, running for a bus or pushing the car. And exercise is vital for that most important organ, the heart. Remember its a muscle, it can be unfit and needs exercise.

## Sleep.

### Re-Charging The Batteries.

Twenty years seems a long time to spend asleep. But if you reach sixty and have slept an average amount, then you will have been asleep for two whole decades. We all need sleep. It's a way of re-charging our batteries. New born babies need most sleep, and children require more than adults do. It's normal as people grow older, to sleep more lightly, to waken earlier, and to need less sleep. The big complaint many people have about sleep is that they don't get enough of it. Insomnia is suffered by increasing numbers of people. Some insomnia is self-inflicted. People drink too much tea or coffee, or they eat too much, and get less sleep than they feel they need.

In fact, unless caused by pain, severe depression or mental disorder, insomnia is not a major problem. The brain has a remarkable capacity for restoration and will make up lost sleep by sleeping more efficiently at the next opportunity.

But we need to re-charge our batteries during the days as well. We do it by relaxing, taking a breather from work. Five minutes of peace with closed eyes is a valuable break for body and mind. And if YOU haven't been able to relax during the daytime, or sleep well at night recently, then there are two cheap and helpful remedies available to you. Take a little more exercise. And stop worrying about it.

## SMOKING.

Its a contradiction in terms to want to be fit and to keep smoking. Cigarette smoke disrupts the natural filtering system by which our lungs get rid of dust, dirt and germs. But its not just the lungs that suffer.

Smoking also affects the brain, the heart, the nose and throat, etc. Put another way, research has never shown that there is any useful or healthy effects to be got from smoking cigarettes. So as far as fitness is concerned, cigarettes are out. But living is better without cigarettes as the body begins the process of regeneration.

Breath is fresher and the mouth no longer smells like an ashtray. Food now has the fresh taste that is almost forgotten by the smoking palate. Then there's the money that can be saved. But much more important is the relief and confidence that stopping smoking cuts down the possibility of heart attack, cancer or other diseases. Take smoke out of your life, pack in a lot of good things and enjoy yourself.

If you need more help write to the Health Education Bureau, at 7 Ely Place, Dublin 2 for their information pack on "Smoking & Health".

## ALCOHOL.

As prohibition in the U.S.A. seems to have shown society, particularly like our Irish one, is dependent on alcohol. Strictly speaking it is a drug. However taken in moderation, particularly with a meal as an aid to enjoyment and digestion, it does no harm.

One of the main problems with alcohol is the difficulty in recognising oneself to be an alcoholic, because if you are **You Should Give It Up For Good.**

The real question is — how much do you take? You probably think of yourself as a moderate drinker. Try this test, if you do. Ask yourself "Do I stop drinking after two or three drinks most times?" If the answer is yes, then you're probably in the moderate category. And it's a good idea for moderate drinkers to keep within guidelines:

**DON'T** drink on an empty stomach.

**DON'T** mix your drinks without knowing which goes with what and what effects the mixture will have.

**DO** drink with a meal, rather than on its own. Research shows that fewer people who drink with meals have the 'alcoholic' problems of the person who separates food and drink.

**DO** remember than alcohol has calories — empty calories. Replacing a meal with a drink is a bad idea, as alcohol has no nutrients. And if you're dieting — watch your alcohol intake. The strictest diet can be made into a nonsense by a couple of drinks.

### How Many Calories In Your Favourite Drink?

Tea or coffee with 2 tablespoons of milk	20
Tea or coffee with a sweetner, black	0
Milky tea or coffee with two spoons of sugar	60
Ale 8 ozs. glass	150



Beer, lager	8 ozs. glass	125
Stout	8 ozs. glass	140
Red wine, dry	4 ozs. glass	95
White wine, dry	4 ozs. glass	95
Sweet wines, most	4 ozs. glass	130 to 190
Champagne, dry	4 ozs. glass	100
Spirits	1 ozs. measure	75 to 190
Vermouth, sweet	4 ozs. glass	100
Dry Martini, cocktail	3 ozs. glass	200
Sherry, medium dry	2½ ozs. glass	95
Vermouth, dry	4 ozs. glass	105
Cola type drink	8 ozs. glass	105
Ginger Ale	8 ozs. glass	100
Tonic	8 ozs. glass	100
Lemon or Orange squash	8 ozs. glass	100

*(For another aspect on Smoking and Alcohol see also Drugs information in this section.)*

## FIRST AID.

This section is not intended to make you Dr. Kildare, nor is it possible to cover even a tenth of what is necessary to have any idea about First Aid. If it were taught in schools there is no doubt that thousands of lives a year could be saved. This section appears because it isn't.

It is worth going on a First Aid course, the St. John's ambulance run them and the Knights of Malta run occasional courses which will be advertised. Otherwise a book is better than nothing (see end of section). It's a bit late when an accident has occurred to realise you know not what to do.

### First Things First:

First aid is aimed to sustain life, to promote recovery and to prevent the casualty getting worse. Know your limitations. It's often as necessary to know what NOT to do, as it's easy to make the patient worse.

At the site of an accident—

**Take Charge** — tell people what to do. Send someone for an ambulance, divert traffic etc. People have a tendency to produce chairs, cups of tea or just mill around. So Take Charge, stop them moving the casualty unnecessarily, giving hot drinks or alcohol, unnecessarily loosening clothing etc.

**Check** — That the casualty is breathing, that he is conscious, that he is not bleeding.

**Look** — see if there is anything abnormal, such as pallor, or odd position suggesting bone fractures, or blueness around the lips, face or nails (cyanosis) suggesting either breathing failure or something wrong with blood circulation.

**Find Out** — what has happened from the casualty and bystanders, how he feels, if he has any pains. You will have to tell the doctor these things as the casualty may be unconscious when he gets there.

**Reassure** — the patient that help is coming, that he'll be O.K. etc. Keep



talking. **KNOW** your limitations — don't try to do too much. Stay with the patient.

**Breathing** — Always keep an eye on the patient's breathing, especially if he is unconscious. You'll have to act fast if it stops. If it does —

1. Turn him on his back.
2. Ensure that the patient's breathing passage is clear, that the tongue has not fallen back into the throat, that false teeth, etc. are not in the way.
3. Gently tilt the head back and push the chin upwards. With luck he may start breathing again. If not:
4. Loosen clothes at neck and waist.
5. Open your mouth wide and take a deep breath.
6. Pinch the patient's nose shut with your fingers.
7. Put your lips around his mouth trying to form an airtight seal.
8. Blow steadily into his lungs.
9. Remove mouth and turn your head aside. Watch his chest fall.
10. If he starts to breathe turn him into **RECOVER POSITION**.
11. If not, repeat the above 5 times per minute.
12. Continue until he starts breathing or a doctor arrives.

### **Recovery Position**

This is the best position for a casualty to lie in as it eliminates the possibility of him drowning in his own vomit.

1. Kneel beside subject and place both his arms close to his body.
2. Turn the casualty gently on to his side.
3. Draw up his upper arm to make a right angle with his body and bend the elbow.
4. Do the same with the upper leg bending it at the knee.
5. Draw the lower-most arm gently backwards to extend slightly behind the back.
6. Bend the lower leg slightly.
7. The head will naturally point sideways and downwards.

### **Bleeding**

Someone bleeding heavily is a frightening proposition, but a little blood goes a long way and wounds often look worse than they are.

1. Lay the casualty down if possible.
2. Try to keep the head low relative to body and legs.
3. Raise the injured part and support it in position unless you think that there is an underlying bone fracture.
4. Use a pad made out of sterile dressing, in an emergency a folded clean handkerchief, towel, shirt will do. Place it over the wound and press down again. When the bleeding stops secure the pad in place.
5. You should get the casualty to hospital as rapidly as possible.

### **Shock**

Shock is a condition where the blood supply, to the brain especially, is reduced. It is a strong possibility in any serious accident especially if there is

any bleeding.

The symptoms are: the casualty becomes very pale with cold and clammy skin; there is heavy sweating; the casualty may feel sick and be very anxious, perhaps with clouded vision.

Anyone with the above symptoms urgently needs hospital treatment. Even if no wound is visible there may be internal bleeding or some other disturbance. While waiting for the ambulance:

1. Ensure casualty is lying down.
2. Keep head low with lower limbs raised if possible.
3. Keep head turned to one side.
4. Keep the casualty warm but NOT actually heating him up with hot water bottles, etc., as this may make him worse.

### **Burns.**

Don't put anything except a dry sterile dressing on a burn. Burns are open to infection even more than wounds. In large scale burning SHOCK is likely. For a burn or scald:

1. Place afflicted area in cold water or under a gently running tap and keep it there until the pain subsides – probably at least 10 minutes.
2. Cover injured part with a dry dressing, sheet, clean handkerchief, etc. Make sure you don't get any dirt in the wound or breath or cough on it.
3. In the case of serious burns get the casualty to hospital. In the meantime treat as for shock.

### **Unconsciousness.**

Anyone unconscious for however short a time must be taken to hospital.

In the case of a blow on the head internal bleeding in the skull may have started. The casualty may recover consciousness, feel well for several hours until pressure builds up, then become unconscious, go into a coma and die.

1. Make sure the casualty's air passages are clear. Clear mouth of vomit mucus, and any detached teeth.
2. Watch breathing, you may have to start artificial respiration (see BREATHING). Control any bleeding.
3. Place the casualty CAREFULLY in the RECOVERY POSITION. Press head backwards and jaw forwards so chin juts out preventing tongue blocking throat.
4. Cover with a coat or blanket.
5. Watch for signs of shock or breathing trouble.

**NEVER GIVE AN UNCONSCIOUS PERSON ANYTHING BY MOUTH. IT WILL CERTAINLY CHOKE HIM.**

### **Poisoning.**

Anyone who has taken a poison or breathed poisonous gas should be got to hospital quickly. It is essential to find out what the casualty has taken, if possible take a sample of the poison. In the case of tablets, take the bottle even if it is empty and give it to the doctor. This will help in finding an antidote.



If the casualty is conscious:

1. If there are NO signs of burns around the lips or mouth make him vomit repeatedly by tickling the back of his throat with your fingers or giving him 2 tablespoons of salt in a glass of tepid water.
2. If there are signs of burns DO NOT MAKE HIM VOMIT: Give quantities of water or milk. Get the casualty to hospital by car or ambulance.

If the casualty is unconscious: treat as for UNCONSCIOUS. Don't give him anything to drink or try to make him vomit. Get him to hospital by ambulance fast, in Dublin to the special unit in Jervis St. Hospital if possible.

### **First Aid.**

This section is by no means adequate. It provides only the barest of outlines of a few emergencies in First Aid. The only way to really learn is to go on a course. However there are a number of books on First Aid available, all giving reasonably accurate information.

The best is undoubtedly: "FIRST AID" the authorised manual of the St. John's Ambulance Brigade. This is clear authoritative and complete (published by St. John's Ambulance Brigade).

It is worth finding out where the First Aid Kit is kept in the college and laboratories where machinery etc. is in use.

Remember, always if you have any doubts about a casualty's condition take them to hospital, better safe than sorry.

And stick to what you know. Don't try to do too much.

Dial 999 and indicate clearly the nature of the problem and the exact location of the victim.

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### **MENTAL HEALTH:**

It is estimated that about 10% of students have psychological disorders which not alone cause distress but can be a severe handicap on a student's work and career opportunities. Always remember that though some disorders may appear minor and transient, they all need effective treatment if interference in your work is to be avoided.

#### **Why Are Students Open To Such Disorders?**

Because of the rapid increase in compulsory examinations and the pressure of study, students have increasingly tended to drop out from college e.g. West Germany - 45%, Holland - 40%, France - 65%. Failure rates of up to 50% have been recorded in some Irish third level institutions.

Academic problems are not the only ones either - financial worries caused by increasing living costs with decreasing real value of grants and scholarships, coupled with the struggle to find accommodation when living away from home have also contributed to the problems of psychological disorders. Personal problems such as coping with large impersonal institutions, loneliness and emotional crisis have taken their toll of students and have often left them in a state of severe and prolonged psychological disorder.



Students can avail of specialist psychiatric help under the medical card scheme. This is done in the same way as dental treatment etc. You go to your Doctor who will make the initial diagnosis and determine whether specialist treatment is necessary.

Here are a couple of suggestions for overcoming problems created by tensions and stress.

1. Talk over your problem with a friend or anyone you think is sensible and trustworthy. An outside view might give you a completely different out-look and hold the answer to your problem.
2. Think it over. Calmly try to work out your problem step by step. By considering alternative solutions and eventually deciding on a course of action you may relieve some of your own tension.
3. Get away from it all. If your work seems to be getting on top of you to such an extent that you can't concentrate and have to keep going back — leave it. Take a few hours or maybe the rest of the day off and go for a walk, see a film or have a few drinks with a friend. Remember that there is a limit to the amount of time you can spend studying effectively.

### Health And Studying For Exams.

Studying should be planned so as to avoid last minute cramming and working into the small hours. Study should be broken up with short periods of exercise e.g. going for a short walk. Do not study right up to the time of going to bed. A short spell of exercise before turning in is invaluable and if one likes to read at bed time the material should not be study related but some light non-stimulating novel or journal.

The study environment should neither be too hot or too cold, indeed slightly varying temperatures has been found to be best. Correct posture, chair and lighting must be considered. As an exam approaches, especially in the days immediately prior to it, work should be planned so that there is a deceleration in the number of hours of study. It is important that one should avoid any method (e.g. strong coffee) which attempts to keep one awake to study through the early hours of the morning. In an investigation



*A balanced approach to study is essential for good results and sanity.*

into acute exam panic it was found that over fifty percent of those who panicked in an exam, although they had never had any previous trouble, had attempted to study through the night before.

In fact, acute exam anxiety or phobia is a rare phenomenon. The acute anxieties of the pre-exam period are usually an accumulation of a number of factors.

Always remember that others may need a sympathetic ear. Be prepared to listen if somebody else needs to talk about a problem.

Occasionally a fellow student may show signs of a serious mental disorder. Extreme changes in behaviour, delusions, hallucinations of voices and of visions are some of its manifestations. It is unlikely that this student will have insight into the seriousness of his illness and thus it is up to you by gentle persuasion to get him to go and seek professional advice. If this is not possible it would be wise to advise someone in authority of the position. You will only be doing him a good turn.

If you are feeling depressed or need help contact:

The Samaritans,  
66, Sth William Street,  
Dublin 2.

who operate a 24 hour phone service at 778833.

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### **The School Psychology Service.**

Established by the VEC during the 1960s, the Psychology service provides a service for students who feel in any way that they are not performing up to the mark because of anxiety or pressure in their lives. Highly experienced councillors and psychologists can assist students who feel lonely, worried about exams, suffering from some family or personal problems. They are contactable at The City of Dublin VEC, Psychology Service, Wynstead, 10 Temple Rd, Dartry, Dublin 6, telephone 971442.

It is hoped that a special service, geared towards modern day problems of young people attending college, will be available from the VEC during the 80/81 academic year under the auspices of the Student Services Council.

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## **DRUGS.**

### **Introduction.**

For the purpose of this section a drug is any chemical substance which alters mood, perception or consciousness and is misused to the apparent detriment of society.

### **Definition Of A Drug.**

A drug is any substance which when taken into the body, modifies in one or more ways its functioning. These modifications may be physical, psychological or behavioural.



Drug Abuse, in its broadest context, can be defined as:

1. The unnecessary use of any drug.
2. Taking a prescribed drug in too liberal a quantity.
3. Using drugs which have been prescribed by a doctor, for another purpose.
4. Taking of any drugs for the purpose of feeling 'high', instead of for their proper medical use.

## **DRUG DEPENDENCE:**

a. **PSYCHOLOGICAL DEPENDENCE:** This form of dependence can occur with most of the psycho-active or mind altering drugs. This means that the user may eventually depend on the drug to provide an optimum state of well being, or more seriously, he may feel that he needs the particular drug in order to cope with the normal demands and stresses of everyday life.

b. **PHYSICAL DEPENDENCE OR ADDICTION:** This is the stage reached after continuous use of particular drugs, e.g. Alcohol, Opiates, Barbiturates or derivatives of these addictive drugs, where the user experiences severe physical withdrawal symptoms if the drug is suddenly withdrawn or withdrawn too quickly. These withdrawal symptoms include nausea, vomiting, abdominal cramps, diarrhoea, sweating, tremor, extreme anxiety and restlessness.

## **TOLERANCE:**

Tolerance exists when the user has progressively to increase the dosage of a particular drug, in order to obtain the same intensity of effect.

**DRUGS ARE AN ESCAPE. THEY ONLY EASE THE PAIN, THE LONELINESS, THE FRUSTRATION FOR A LITTLE WHILE, AND THEN THE REAL PROBLEM COMES – DEPENDENCE OR ADDICTION! DRUGS CAN PREVENT YOU FROM LIVING A FULL LIFE – THEY CAN HASTEN YOUR DEATH.**

## **DRUGS COMMONLY ABUSED.**

### **Hallucinogens:**

These are mind altering drugs which may produce visual and auditory hallucinations, severe mood changes, and disorientation of time and place.

1. **L.S.D.:** This is the most dangerous drug of the hallucinogenic group. Though not physically addictive, it has been known to cause severe mental disturbance and in some cases, brain damage.

**EFFECTS:** A person under the influence of L.S.D. may experience what is known as a 'trip', during which he is really out of touch with reality. While in this state, he may feel capable of doing extraordinary things, and may cause serious injury to himself or others.

A 'flashback', which is sometimes a similar experience to the original 'trip', or which may consist of flashing lights and bright



colours, may occur at any unpredictable time for up to five years after the ingestion of L.S.D.

**HANDLING:** If you are aware that a person is under the influence of L.S.D., never leave him alone, and continue to be his contact with reality. Get medical attention as soon as possible.

2. **Psilocybin:** More commonly known as 'magic mushroom', is a drug contained in the mushroom *Teonanactyl*, which grows in parts of Ireland. These mushrooms when ingested can produce an hallucinogenic effect.
3. **Glues; Cleaning Fluids; Aerosol Sprays:** These substances if inhaled in sufficient quantities, produce an hallucinogenic reaction less dramatic than that of L.S.D. This practise of 'sniffing' or 'inhaling' should be discouraged. It is a trend currently popular among young people and apart from being a dangerous practice, it is a potentially habit-forming one. If used over a long period, these substances damage the mucous membrane of the eyes, nose, and naso-pharyngeal passage. Eventually, the kidneys and liver may also be effected.
4. **Cough Mixtures:** Some of the popular cough mixtures still available in chemist shops are abused by people who take them by the bottle in order to get 'high'. Tolerance to these mixtures develop rapidly, and sometimes require Hospital detoxification.
5. **Cannabis (MARIHUANA, POT, HASH):** Cannabis is a drug found in flowering tops and leaves of the hemp plant — Cannabis. Used mainly for the intoxicating effects it produces, it is usually smoked in home-rolled cigarettes, either in its grass form, resin, or in the form of Cannabis oil.

**EFFECTS:** Cannabis when smoked, enters the blood stream and acts on the brain and nervous system. It affects the users mood and thinking and may cause mild hallucinations. A person using Cannabis finds it more difficult to make decisions that require clear thinking. His judgment may be impaired, and he will be more easily open to other peoples suggestions. Distortion of time and distance is one of the main effects of Cannabis, therefore it is very dangerous to drive while under its influence. It is rare for someone to present for treatment for the ill effects of Cannabis. The main concern in regard to its use is that it tends lead to a 'drop-out syndrome' in young people.

### **Amphetamines.**

These are stimulants to the nervous system. They are best known for their ability to combat fatigue and sleepiness, also they are associated with weight reducing. Slang terms for these drugs include 'pep pills' and 'speed'.

**EFFECTS:** Stimulant drugs increase the heart rate, raise the blood pressure, cause palpitations, dilate the pupils and cause dry mouth, sweating, headaches, diarrhoea, and pallor. They also depress the appetite.

**ABUSE OF THESE DRUGS CAN LEAD TO COMPLETE MENTAL AND PHYSICAL EXHAUSTION. SOMETIMES, VISUAL AND AUDITORY HALLUCINATIONS OCCUR. INJECTIONS OF 'SPEED' CAUSE ABNORMAL HEART RATE AND MAY RESULT IN PSYCHOTIC STATES AND**

**LONG TERM PERSONALITY DISORDERS. UNACCUSTOMED HIGH DOSES MAY CAUSE DEATH.**

## **TRANQUILLISERS.**

**1. Barbiturates:** These drugs when taken in normally medically supervised doses, mildly depress the action of the nerves, skeletal muscles and the heart muscle. They slow down the heart rate and breathing, and lower blood pressure.

### **THE BARBITURATES ARE PHYSICALLY ADDICTIVE.**

**ABUSE:** The barbiturates are highly dangerous when taken without medical advice and prescription. Overdose can cause death. The person addicted to barbiturates will experience severe withdrawal symptoms if he is withdrawn from the drug abruptly. He may also experience convulsions during the withdrawal period. Ideally, barbiturate withdrawal, should take place in a hospital over a period of several weeks.

**2. Minor Tranquillisers & Sedatives:** THESE INCLUDE A WIDE RANGE OF DRUGS WHICH ARE USED MEDICALLY TO CURE INSOMNIA, TO TREAT DEPRESSION AND ANXIETY STATES, AND IN VARIOUS PSYCHIATRIC CONDITIONS.

**ABUSE.** These drugs are usually taken by the poly-abusers, or the people who will take any kind of tablets or injections for the purpose of getting 'high'. Also they are abused in conjunction with alcohol in order to enhance its effect. This can be very dangerous, as accidental overdose can easily occur with the interaction of drugs and alcohol, particularly if the abuser is an inexperienced drug taker.

## **THE OPIATES.**

THESE ARE STRONG PAIN KILLING DRUGS WHICH ARE LEGALLY ONLY OBTAINABLE ON PRESCRIPTION, AND USUALLY ONLY ADMINISTERED UNDER SUPERVISION IN HOSPITALS' A STRICT RECORD OF ALL OPIATES IS KEPT IN PHARMACIES AND HOSPITAL WARDS TO ENSURE THAT ABUSE OR OVERDOSAGE DOES NOT OCCUR.

### **Addiction.**

Serious physical addiction occurs when opiates are used over a prolonged period. These are the drugs used by the hard core addicts as they are the strongest, especially when injected. These drugs include morphine, heroin, diaconal, palfium, and many synthetic or manufactured opiates.

#### **EFFECTS:**

1. Initially, when injected, the drug gives a feeling of intense pleasure.
2. There is a reduction of tension, easing of fears and relief from worry.
3. The person having taken the drug, feels 'high' or euphoric.
4. This is followed by a period of inactivity bordering on stupor.



## **DANGERS:**

1. In the extreme, overdose and death.
2. Serious physical and psychological addiction.
3. Risk of contacting Hepatitis, which in relation to drug abuse, is usually contacted through the use of unsterile and contaminated needles, which are used for the purpose of injecting the drug into the vein.
4. Risk of accidents and physical injury sustained while the addict is 'stoned' or under the influence of drugs.
5. Involvement with the law is almost inevitable, as all the activities associated with drug abuse of this nature are illegal.
6. Alienation from home, friends, and society.

## **Legal Position.**

It is illegal in Ireland to be found in possession of Cannabis or L.S.D. at any time; and without a doctor's prescription Amphetamines, Barbiturates and Pain-killers (Heroin, Morphine etc.) are illegal. Harvesting of Cannabis and Psilocybin (magic mushroom) is also against the law.

## **Prevention.**

### **AREAS OF PREVENTION INCLUDE;**

1. Scrutiny of pharmaceutical advertising.
2. Control of drug traffic, internationally and within the country.
3. Control of prescribing, including scrutiny of forged prescriptions.
4. Education of community attitudes.
5. Discretion with regards to the use of prescribed drugs in the home.

## **DRUG ADVISORY AND TREATMENT CENTRE AND DETOXIFICATION UNIT, Jervis Street Hospital, Dublin 1. 748412/723055.**

**This service consists of:**

**This service consists of:**

1. **An Out-Patient Clinic**, which is open seven days a week.

**Hours of Opening:**

Monday to Friday: 9.30 a.m. to 1 p.m.

2.30 p.m. to 6 p.m.

Saturday & Sunday: 10 a.m. to 1 p.m.

2. **Detoxification Unit.** This is an in-patient unit with ten beds for the purpose of detoxifying patients from drugs and alcohol. There is a 24 hour cover provided by the Doctor on duty.
3. **Advisory Service — Telephone No. 748412.** It offers an advisory service to anyone with a drug problem, also to parents, teachers and groups of adults concerned with the education of young people, regarding the prevention, recognition, treatment and handling of drug abuse.

People in such supervisory roles, may send suspect samples here



for analysis.

When requested, it is pleased to provide a speaker for talks on the subject of drug abuse to groups of adults and professional bodies. This can be arranged by contacting the Organising Secretary, at the Drug Advisory Centre.

4. In order to successfully treat patients with the problem of addiction, it works in liaison with;

1. Coolemine Therapeutic Community, Closilla, Co. Dublin.
2. The Rutland Centre, Monastery Road, Clondalkin.

These are both Drug and Alcohol free communities, to which patients are directed for follow-up and after care service.

*This section on Drugs was written by:*

*The Drug Advisory & Treatment Centre,*

*Jervis Street Hospital, Dublin 1.*

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## Legal Drugs.

**Alcohol:** Abuse of alcohol constitutes Ireland's single largest drug problem. The extent of the problem is revealed by facts produced by the Medical Social Research Bureau which reckon that approximately 10% of men and 2% of women will, if they live to 65 years, have been treated for alcoholism or drink problems. Add to this the fact that 10% of the average wage packet is spent on drink and you have a major drug problem. Alcohol is addictive, withdrawal can be fatal and the social side effects of addiction ensure that each alcoholic damages the life of an average 3 other people. Of course alcohol is pleasant and a great social lubricant, but remember it is easy to become addicted over a period of time and excessive drinking may lead to ulcers, cirrhosis of the liver, permanent brain damage, high blood pressure and an early death. Drunkenness is a major contributor to crime and to the increasing total of road deaths – in the U.S. 75% of road deaths involve drunken people.

**Tobacco:** The active addictive ingredient in tobacco is nicotine, but the most damaging part is the tar. In toto cigarettes contain 16 carcinogens (cancer causing agents) and high concentration of ammonia and carbon monoxide (the poisonous part of a car exhaust fumes). The carbon monoxide increases instances of coronary heart disease because the carbon monoxide reduces the efficiency of the blood to carry oxygen. The tar is the main contributory factor in increasing chance of lung cancer or other bronchial complaints. In addition the nicotine of cigarettes is powerfully addictive. Something like 80% of those who ever smoke a cigarette end up smoking for the rest of their lives. Anybody who has ever given up cigarettes or at least tried will testify to the very real withdrawal symptoms of this drug. Do not be taken in by the publicity about the new tobacco substitutes. They are only marginally safer and many scientists reckon it's a con.

The 10% reduction in nicotine in each tobacco substitute cigarette will only lead to addicts smoking 10% more cigarettes. The glamour and the glitter of cigarette advertising pales when compared to the figures of 250

people who die every day in a country the size of Britain as a direct result of cigarette smoking.

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## SEXUAL HEALTH.

### How Human Life Begins.

About two weeks after her menstrual period has started a fertile woman produces an egg (or ovum). This egg is released from the ovary (a special gland in the lower part of the abdomen) under the influence of certain female hormones. This time is called ovulation.

After leaving the ovary, the egg moves into a tube – the fallopian tube – along which it travels towards the womb. If in the course of its travelling, it does not meet a male sperm, the egg simply rests in the womb until the time of the next menstrual period. It is then shed with the menstrual flow. Sometimes, even when the egg (or ovum) has met a male sperm and been fertilized by it, it is still shed at the next menstrual period, because it may have failed to become attached to the wall of the womb, a step which is necessary if a pregnancy is to develop.

Sperm are made in the man's testicles. The testicles are a pair of small glands situated in the scrotum, a small sack of skin which hangs below the penis. The sperm travel from each testicle along a small tube known as the vas deferens. Some of the sperm are stored in tiny internal 'pouches' known as the 'seminal vesicles'. From here they are ejected in the penis during sexual intercourse and so find themselves in the woman's vagina just below the entrance to the womb. From here they must swim up into the womb through its entrance – the cervix – and then up through the womb to the fallopian tube.

Sperm can live for about 3 days from the time of their release from the penis. The egg (or ovum) can live for about 1 or 2 days from the time of its release from the ovary. Assuming therefore, that sexual intercourse has taken place at the right time of the month (within a day or two of ovulation) the live sperm will meet the live ovum somewhere in the outer part of the fallopian tube. Only one of the millions of sperm which have swum up the tube will actually penetrate and fertilize the egg.

This fertilized egg travels on down the fallopian tube, taking about 5 days to reach the womb. Long before it gets to the womb, however, it has started to divide into the cells which later will form the beginnings of the baby and its afterbirth.

The next process which is essential if the fertilized egg is to continue its development towards pregnancy is for it to get implanted into the lining of the womb. It is believed that many fertilized eggs (ova) fail to do this and get expelled normally in the next menstrual period.

The process of getting implanted in the lining of the womb is called nidation. This is usually accomplished between 6 and 8 days after fertilization. One might think that the pregnancy is now established in the final form and will go on developing automatically to become the baby that will be born nine months later. Things may change and it is possible for an apparently single pregnancy to divide into individual twins. After that time, however,



unless spontaneous or induced abortion occurs the process goes on naturally to a full term baby.

## **Contraception**

It has been estimated that the pregnancy rate without contraception is 40 per hundred women years. With the most effective contraception methods that rate is 0.2 or less per hundred women years.

### **The Legal Position.**

The legal position following the passing of the Health (Family Planning) Act '79, regarding the availability, dissemination of information and promotion/advertising of artificial methods of birth control remains to be seen. After the findings of the Supreme Court in the McKee case and the defeat of the Coalitions Contraception Bill '74 something of a free for all existed. Persons could import contraceptives for their own use and a number of Family Planning Clinics were established around the country. The recently passed — but as yet not enforced — Act attempts to limit the dispensing of contraceptives through chemists on production of a doctor's prescription. The future of clinics, information offices etc. is still in doubt.

### **The Pill.**

(Oral Contraceptive). THE PILL is a most effective contraceptive, if correctly taken at the same time every day, usually for three weeks in every four. It requires a physician's prescription.

The Pill may produce side-effects. If these are serious or persist, choosing a different brand will normally help.

### **The Condom.**

The condom is a very effective contraceptive if used at every intercourse. Even greater effectiveness may be secured by the woman using a spermicidal cream, jelly, paste, aerosol, foaming tablet or suppository. During withdrawal, the rim of the condom should be held to the man's body to prevent the condom slipping off into the vagina.

### **The I.U.D.**

(Intra-uterine device). I.U.D.s are made of plastic, or copper and plastic, in various shapes and sizes, flexible enough to be straightened for insertion into the womb by a trained person.

The I.U.D. is a very effective contraceptive, if it remains in the womb. It can be left in place indefinitely, or until pregnancy is desired. Removal by a trained person is quick and simple.

An I.U.D. is not in general suitable for a woman who has never had a baby, as insertion is more likely to be painful, and cramps are more likely to develop.



## **The Cap.**

CAPS (e.g. diaphragms) are made of soft rubber. With a spermicidal cream, jelly, or paste, a cap is placed in the vagina up to three hours before intercourse to cover the neck of the womb, and so prevent live sperms entering the womb and meeting an egg in the tubes. The cap should not be removed until at least six hours after intercourse.

## **Spermicides.**

Spermicides are manufactured as creams, jellies, pastes, aerosols, vaginal suppositories and foaming tablets, which kill sperms. Used alone, a spermicide is not very effective.

## **Rhythm.**

The RHYTHM (or safe period) method depends on avoiding intercourse when conception is most likely. An egg is usually released midway between periods and is dead within a day; sperms may live in the womb for up to three days, occasionally more.

In the somewhat ineffective CALENDAR method, the number of days in at least eight previous cycles must be counted, by recording the dates on which consecutive periods begin (Day 1) and counting up to the last day before the next periods starts.

The first unsafe day is calculated by subtracting 19 from the number of days in the shortest cycle, and the last unsafe day by subtracting 11 from the number of days in the longest cycle.

In the more effective TEMPERATURE method, the woman takes her temperature for at least three minutes in the mouth immediately upon awakening before getting up, and records the values on a chart every day. About the time an egg is released, the temperature rises to a higher level, where it remains for the rest of the cycle. The first safe day is the third consecutive day at the higher level. The safe period BEFORE egg-release cannot be calculated by this method.

the BILLINGS method, sometimes known as the OVULATION method or the MUCUS method, is a relatively ineffective method which is based on the fact that cervical mucus varies in consistency at different times of the woman's cycle. By carefully noting these variations, the 'safe' period may be calculated. This method is sometimes used in conjunction with the temperature method.

## **Vasectomy & Tubal Ligation.**

These are the names for male and female sterilisation. Each has to be considered an irreversible method of contraception, and is usually completely effective. They do not interfere with sexual pleasure or performance.

## Veneral Disease.

### *What is V.D.?*

V.D. is a highly infectious disease of which there are two main types, Syphilis and Gonorrhoea. Both of these can be contacted at the same time. V.D. can be cured by a course of treatment prescribed by your doctor or clinic, but if untreated, can lead to sterility, blindness, paralysis, insanity and even death. Unborn children can be affected.

V.D. is a disease carried by human beings only and except in very rare cases, can only be contracted by sexual contact, (usually sexual intercourse), with an affected person. No one is immune to it. A once only sexual relationship can be the source

### *How do I know if I have V.D.?*

#### SYPHILIS

Appears: 10-90 days after contact, (usually 3 weeks).

1st Stage: A painless sore or ulcer on the sexual organ or other area of sexual contact. (Male and Female). This will disappear.

2nd Stage: Rashes, sore throat, loss of hair. (Male and Female). These symptoms may be slight and will disappear.

Finally: If not finally cured, Syphilis, after months or years, can lead to blindness, paralysis and death.

#### GONORRHOEA

Appears: 2-5 days after contact.

Male Symptoms: Painful urination and discharge of pus.

Female Symptoms: Often no visible sign and only a slight vaginal discharge. Consult a doctor on the slight suspicion.

Finally: Gonorrhoea, if not treated can lead to heart disease, sterility, crippling, arthritis and death. It can also lead to blindness at birth in the children of infected women.

### *How is V.D. cured?*

Syphilis and Gonorrhoea can be cured by a special course of treatment. It is important that:

1. You go straight to a doctor or V.D. clinic when you have the slightest suspicion that you might have contacted V.D. The earlier the treatment, the more certain the cure.
2. You are perfectly honest with the doctor or clinic. They are only interested in curing you and making sure that the infection will not spread to others.
3. You inform those with whom you recently had sexual contact.
4. You remain under the doctor's care until discharged.
5. You avoid all further sexual contact until the doctor tells you it is safe.



## Sexually Transmitted Diseases.

Apart from the Venereal Diseases, there are less serious disease which are sexually transmitted. These include, Venereal Warts, Venereal Cold-Sores, Thrush and Pubic Lice. They are all easily treated but are mentioned here because they are often mistaken for the more serious venereal diseases and are thus a cause of great worry to the sufferer. It is important if you have any suspicion that you might be suffering, from any of these diseases that you go immediately to a doctor or to one of the centres below.

If it is one of the lesser diseases your mind will immediately be relieved. If it is one of, as is less likely, the serious venereal diseases, treatment can be started immediately which is the best way of effecting cure.

### *Where can I get treatment?*

It is best to go to your own doctor first. He/she will probably suggest some tests and if these prove to be positive he will either treat you himself or refer you to a treatment centre. Alternatively if you do not know a doctor or feel too embarrassed to approach your doctor, then you can visit one of the following clinics where advice and treatment are free and **confidential**.

### MATER MISERICORDIAE HOSPITAL – 304488

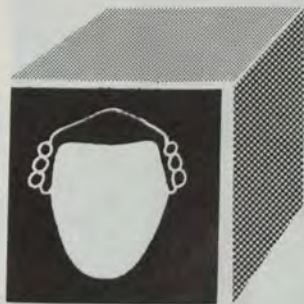
Male: Monday and Thursday  
5.00 p.m. to 7 p.m.  
Female: Tuesday: 4.00 – 7.00 p.m.  
Thursday: 3.00 – 4.00 p.m.

### ST. PATRICK DUN'S HOSPITAL – 766942.

Male: Monday: 5.00 – 7.00 p.m.  
Friday: 5.30 – 7.30 p.m.  
Female: Tuesday: 5.00 – 7.00 p.m.  
Thursday: 4.30 – 6.30 p.m.

### DR. STEVENS HOSPITAL – 772606, after 10p.m. 776239.

Male: Tuesday: 5.00– 7.00 p.m.  
Thursday: 5.00 – 7.00–p.m.  
Saturday: 10.00 – 12 noon  
Female: Monday: 3.15 – 4.30 p.m.  
Friday: 12.30 – 1.30 p.m.



# The Law

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## THE LAW

The amount of ignorance about basic legal rights is staggering! When confronted by a garda or plain clothes men, individuals usually go to jelly and get themselves into all kinds of difficult situations.

### Legal Aid.

The need to be represented in any legal proceedings is essential if one is to have any hope of being treated equitably before the law. Article 6 of the European Convention on Human Rights states that a person should be able to provide him or herself with legal assistance "or, if he has not sufficient means to pay for legal assistance, to be given it free when the interests of justice so require".

The costs – especially for a Student – of hiring a solicitor can be prohibitive. The **Criminal Justice (Legal Aid) Act 1962** makes provision for a limited state financial system. It empowers the District Court to grant a Legal Aid Certificate if application is made and if the means of the applicant are insufficient, and the gravity of the charge would necessitate legal aid in the preparation and conduct of a defence. In this respect it is important to remember that the District Justice is obliged to say that the accused may be entitled to Legal Aid.

So you should ask the Judge for legal aid if you find yourself in Court, or go to any Solicitor, explain your situation and ask him for an application form – "Statement of Means". The Criminal Legal Aid Office is located in the Four Courts beside District Court No. 4. Your Student Union might be able to put you in touch with a Solicitor who acts for it in Union matters.

A limited **State Scheme of Civil Legal Aid** is in operation since September 1st, 1980. This Scheme is administered by a Government appointed 'Legal Aid Board', whose office is at 26 Upper Pembroke St., Dublin 2. Phone 766013. Initially there will be 7 Law Centres in the Country, two in Dublin, to be located at Astons' Quay and on Gardiner St., and one each in Waterford, Cork, Limerick, Galway and Sligo.





*Law and its trappings. The only profession to have a consumers' organisation working for its improvement.*

From June 30th the Free Legal Advice Centres, (FLAC) ceased to give legal aid or court representation. Their Centres will continue to legally advise people until they finish off old cases, but will close at the end of October. From then on FLAC will provide a Citizens Legal Advice Service through existing local and national Community groups and organisations. For the present their centres can be contacted at the following addresses:

#### Centres

<b>Mountjoy Sq;</b> Ozanam House, 53 Mountjoy Sq, Dublin 1	Wed. 7.30 – 9.00pm.	
<b>Molesworth St;</b> I.S.P.C.C. Offices, 20 Molesworth St.	Tues. “ “	
<b>Sean McDermott St;</b> 24 Killarney St. Dublin 1	Tues. “ “	
<b>Rialto;</b> C/O Parish Centre, 19 St. Anthony's Rd. Rialto	Wed. “ “	
<b>Ballyfermot;</b> The Dispensary, Ballyfermot Rd.	Wed. “ “	
<b>Finglas;</b> Comm. Services Centre, Wellmont Rd.	Wed. “ “	
<b>Ballymun;</b> Pádraig Pearse Tower, Basement, Ballymun.	Thurs. “ “	
<b>Dun Laoghaire;</b> Boylan Comm. Centre, Sussex St.	Thurs. “ “	
<b>Cabra;</b> Credit Union Bldg., Dunmanus Rd. Cabra West	Thurs. “ “	
<b>Crumlin;</b> Health Centre, Curlew Rd, Drinmagh.	Fri. “ “	
<b>Bray;</b> Health Centre, Killarney Rd., Bray 1st & 2nd	Thurs. “ “	
<b>Tallaght;</b> Tallaght Welfare Centre, Main St. Tallaght	Wed. “ “	
<b>Galway;</b> Social Services Centre, Eglington St. Galway	Tues. “ “	
<b>Cork;</b> 2 Tuckey St. Cork	Wed. & Fri. “ “	

The F.L.A.C. Head Office is at 3 North Earl St., Dublin 1. Telephone 726464. The Head Office is for administration only, and generally don't

give legal advice over the telephone.

The Coolock Community Law Centre Ltd. though promoted by F.L.A.C. is a separate organisation. It is the only full time Community Law Centre in the Country but it is only open to residents of Coolock, and can be located at the Northside Shopping Centre, Coolock.

### Legal Advice.

In the event that you should be questioned, searched, detained, arrested or charged by the Gardai the following information outlines your rights vis-a-vis the law.

### QUESTIONING.

The law does not require you to make any statement to the Gardai or to answer questions, before or after arrest, except in the cases of the "Offence Against the State Act 1969-72", the "Emergency Powers Act 1976" and under the "Road Traffic Acts".

A Garda is always entitled to ask you questions but except in the above cases, you are not obliged in law to answer.

### SEARCH.

Although it is technically not lawful for the Gardai to search a person at random on the street, they are allowed to search if they have reason to believe a crime has been committed. This reason never has to be proven. If the Garda is in plain clothes (usually Drug Squad) then insist that he shows his I.D. card, and take his name if possible. Ask him why he wished to search you and try to insist that another person be called.

### IF YOU ARE ARRESTED THE GARDAI MUST:

1. Inform you that you are in fact being arrested and whether your arrest is under warrant or otherwise.
2. Tell you at the earliest possible moment what offences you are being charged with.
3. Give you ample opportunity to see and read the warrant if you are being arrested on the authority of a warrant.
4. Inform you of the actual offence if your arrest is on suspicion that you have been guilty of a felony, or a breach of the peace.
5. At your request, package and seal any property taken from you in your presence. Do not sign for anything which does not belong to you.
6. Bring you before a Court or Peace Commissioner at the earliest possible opportunity (48 hours).

### THE GARDAI MUST NOT:

1. Compel you to accompany them to the Garda Station unless they have arrested you or detained you under the Offences Against the State Act.



2. Compel you to answer any questions or to make any statements including giving your name and address — unless you are obliged to do so by a Statute, e.g. the obligation to give your name and address and particulars of insurance in the case of a road accident, or the Offence Against the State Act or Emergency Powers Act.
3. Compel you to sign any statement.
4. Hold out any inducement (a deal) or make any promise or threat in order to extract information or a signed statement from you.
5. Compel you to take part in an identification parade (unless you have been charged).
6. Compel you to have your fingerprints taken without an order from a District Justice, or in Dublin, from the Commissioner of the Garda Síochána, or unless you are detained under the Offences Against the State Act.
7. Hold you in custody for longer than a reasonable period (24 hours) without charging you unless you are detained under the Offences Against the State Act or Emergency Powers Act.
8. Suggest that you plead guilty in Court.

#### IF YOU ARE CHARGED . . . . .

If you find yourself on charge in the District Court remember the following:

1. Ask for Bail — You are always entitled to bail, unless you are likely to leave the country, or intimidate witnesses. This must be proven by the police and it is difficult to do.
2. Plead Not Guilty — Unless you have a solicitor and he instructs you otherwise.
3. Make No Statement Whatsoever — Anything you have to say can be said in court. Statements made on the spur of the moment on arrest are nearly always incriminating.
4. Ask For Legal Aid — You may not get it but put up a strong appeal on the grounds that it is in the interests of justice and essential in the preparation of your defence that you should be legally represented. Point out that you are unable to pay a solicitor.
5. Ask For A Trial By Jury — If you feel that a certain judge may be biased against you it might be that you would get a fairer hearing before a Jury, who will never have seen you before.
6. Remember You Have The Right To Question All Witnesses.
7. Remember That You Have The Right To Make An Unsworn Statement On Which You Cannot Be Cross-questioned.
8. If convicted, appeal immediately and ask for Bail to be Fixed. If you feel it is likely that you will be convicted, bring a bail man with you to court. This will prevent you having to spend the night in jail.

#### YOU SHOULD ALWAYS

1. Remain reasonably polite and non-provoking.
2. Not resist arrest, but try to remember the identity of the gardai and the surrounding circumstances especially if you feel that you

have been unlawfully arrested, so that you may be able to use such knowledge as evidence in your favour at a later date.

3. If possible take written notes — the gardai will do so — so that your recollection of the event is as full as possible at a later date. Cases often take months to come to court.
4. Not accept gardai suggestions as to the lawyer or solicitor you should contact.
5. Not answer any questions or make any statement until you have seen a solicitor.
6. If released, contact a solicitor if you are in any doubt as to your rights.

## ILL-TREATMENT

If you are ill-treated by the police on arrest or whilst in custody make a formal complaint to the Officer in Charge. It is better to make it in front of a civilian witness but make it whether you have one or not. Refuse to be bullied or harassed by the police into pleading guilty or make a statement. When asked for a statement say "nothing to say" and keep repeating it during any questioning. In court, if you are in any doubt ask the judge in a reasonable and civil way, HE MUST HELP YOU.

## REMEMBER

Don't talk — silence cannot be used in evidence against you. Until you appear in court, the gardai usually have the power to grant bail — ask for it — if they refuse, apply through the district court. Do not plead guilty before you have had legal advice.



*When confronted by the forces of law and order remain calm but firm in insisting on your rights.*



## "UNDER SECTION 30 OF THE OFFENCES AGAINST THE STATE ACT...."

The Offences Against the State Act (1939) and the Special Powers Act (1976) and their various amendments empower the police to stop and question "when they suspect" the person "has been, or is about to be, or was concerned in the commission of" an offence under the various Acts. Therefore if the approaching officer does not state this "suspicion" you have the right to remain silent - in theory. In practice the officer in question can invent the first "suspicion" that comes into his head! So it may be advisable to "play ball" and give your name and address. Make sure you get a clear look at the arresting officer's identity-card and take a note of the name if possible.

If you do find yourself being held under the infamous Section 30 you must:-

1. Give your name and address.
2. Allow yourself to be searched.
3. Allow yourself to be photographed and finger-printed.
4. Account for your recent movements.

Otherwise you should remain silent. You do not have to say who you were with or even your age, except to say whether you are under 21 or not. You should be allowed to make one 'phonecall. The Students' Union Office number is as handy as any (749913 Ext.246). Arrange for a solicitor and a doctor - the latter to examine you before any possible maltreatment. The police are not obliged to let a doctor see you but it will look bad for them if something does happen to you. It will also indicate to them that you know your rights.

These suppressive laws are another indication (if any is needed!) that in our society ordinary people don't have guaranteed to them what are generally termed "legal rights" or "democratic rights". The law in this country favours the rich, the propertied and the status quo. It is well to bear this in mind when involved in a struggle over accommodation etc. Those "rights that do exist, exist because many people have made tremendous sacrifices in the past to establish them and have to wage a consistent struggle to defend these gains, in a basically undemocratic society.



# Apprentices

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## **The Rights of an Apprentice.**

### **Apprenticeship — A Legal Contract:**

Apprenticeship is an agreement in law between employer and apprentice. It cannot be broken during the training period except by mutual consent or the consent of the Council of AnCO.

### **When You Start Work — Register with AnCO:**

Your employer normally takes care of this. If he fails to do so remind him of his responsibility or contact AnCO yourself. On being registered, AnCO will send your employer your Log Book. This must be signed by you, Your parents and your employer. Signing the Log Book is signing your contract of apprenticeship. Your employer keeps the Log Book until you have served your full apprenticeship.

### **Join A Trade Union.**

Try to take an active and responsible part in Union Affairs. Find out if the Union has a young workers section, if so join it.

### **Learning the Skills of Your Trade:**

1. As an apprentice you have a right to be trained in all aspects of your trade. The various operations in which you should be trained are in the Log Book supplied to your employer by AnCO.
2. Once you are registered with AnCO your employer is obliged to release you with pay to attend day or block release courses.
3. If the employer is unable to provide adequate training in the trade, the apprentice can apply to AnCO for a temporary or permanent transfer to another employer who can provide the training necessary.
4. AnCO attempts to provide temporary training for apprentices whose training has been disrupted through redundancy, trade dispute etc.
5. Apprentices who have difficulties with regard to any of the above points should contact the Apprentice Service Section of AnCO



giving details of their complaints and requesting the service of a training advisor. They should also contact their Trade Union.

## **DISMISSAL.**

### **AnCO Must Agree To Your Dismissal.**

After six months probationary period it is illegal for an employer to dismiss an apprentice without consent of the Council of AnCO. The employer must give AnCO and the apprentice one months notice of his intention to apply for consent to dismiss. The only exception to these rules is grave misconduct. (Dismissal Rules under Section 24 of the Apprenticeship Act, 1959).

### **Find Out Was Your Dismissal Legal.**

1. Write to AnCO inquiring if an application for consent to dismiss has been made and if consent has been given for your dismissal.
2. If AnCO tell you that they will not consent to your dismissal inform your employer that you are aware that he has not the right to dismiss you.
3. You should also inform your Trade Union and ask them to take up your case.

## **LOOKING FOR ANOTHER JOB.**

If your employer will not take you back and you are not offered another job take the following steps:

1. Go to the Labour Exchange immediately. Bring your Insurance Cards as soon as you get them from your employer.
2. Apply to AnCO for a training course in your trade.
3. Register with National Manpower Service.
4. Contact your Trade Union informing them that you are unemployed, they may be able to help you find a job.
5. Contact your former employer and get a reference from him. He may also be aware of vacancies and recommend you for them.

### **When Re-Employed.**

Notify AnCO.

### **Changing Employer or Changing Trades.**

If you wish to take up work with a new employer you must first receive the permission of AnCO and the consent of your employer. If you wish to leave your trade and take up a different trade you should inform AnCO of your wish to do so. They will help you in so far as is possible.



*Knowing your rights both as an apprentice and a worker takes a load off your mind and allows you to enjoy your work to the fullest.*

### **Know Your Rights.**

In 1976 over 1,000 apprentices experienced unemployment, in many cases this could have been avoided if the apprentices knew their rights or knew what to do when they lost their jobs. So **KNOW YOUR RIGHTS.**

### **Points to Remember.**

Apprenticeship is a legal contract and an apprentice has a right to:

1. Uninterrupted training in his trade.
2. Be trained in all aspects of his trade.
3. Be released to a College of Technology.



#### 4. The protection of AnCO when being dismissed.

##### Remember To:

1. Register with AnCO.
2. Join a Trade Union.

##### Where To Go:

Apprentices Services,  
AnCO

The Industrial Training Authority,  
P.O. Box 456, Baggot Court  
27-33 Upper Baggot Street,  
Dublin 4, Tel. 685777.

AnCO Training Service,  
Ballyfermot Hill,  
Dublin 10, Tel. 366211.

National Manpower Service,  
O'Connell Bridge House,  
Dublin 12. Tel. 711544.

Irish Congress of Trade Unions,  
Education Training and  
Advisory Service,  
1 Grand Parade,  
Dublin 6. Tel. 974244.

##### Employment Exchanges.

###### North City:

Men	50 Lower Gardiner St., Dublin 1. Tel. 746501.
Women	North Cumberland St., Dublin 1. Tel. 742583.

###### South City:

Men	Werburgh Street, Dublin 8. Tel. 751072
Women	Victoria Street, Dublin 8. Tel. 752128.

# Apprentices & the Students' Union

There are about 4,000 apprentices in the College so they do in fact constitute the vast majority of students in the College. All apprentices (day and block release) are members of the Students' Union - which means they have the same rights (to attend and vote at meetings, stand for elections etc.) as other students. At present apprentices do not pay membership dues to the Union (full-time and part-time students pay a capitation fee - £14 and £4 respectively - which is collected by the College as part of the fees). They do, however, contribute significantly in other ways, through the pool and football tables and the student shop (all located in the basement of the main building, D1, beside the canteen). Membership of a trade union does not prevent an apprentice from being a member of the Students' Union. Indeed we encourage all apprentices to join their relevant trade union.

All apprentices are entitled to the international student travel card which they must obtain from the Students' Union office in the College (details elsewhere). Apprentices are entitled to join any of the non-course-related societies in the College e.g., the Film Society, the Soccer Club etc.

As a defense organization of all the students in the College, the Students' Union has an obligation to deal with the many problems facing apprentices. Within the College the Students' Union is the only voice apprentices have through its involvement in various College structures - especially College Council, the governing body of the College. The preceding pages contain many of the theoretical "rights" of apprentices. The practice, however, is somewhat different. Last year the Students' Union dealt with many problems arising from the abuse of such "rights" with varying degrees of success such as apprentices not being released for "tèch", not getting the proper rates of pay, etc. In most cases the maintaining of the apprentices rights was directly related to the ability of the trade union on-the-job to stand up for them.



When there was no trade union the Students' Union was often a "last resort".

It was our experience that AnCO were either unwilling or unable to help. For instance, they won't touch a "money" problem. It seems that their interests lie more with the employers i.e., to supply cheap, trained labour than with the apprentices. Obviously the influence of the Students' Union outside the College is limited but it helps if we know what the problems are. In this regard senior apprentices have a duty to keep their more junior colleagues informed of the pitfalls of the job. Here is where the Students' Union could provide an important link by organizing information meetings and printing articles in the Student/Apprentice (the Students' Union newspaper which comes out every two weeks).

A working Apprentice Committee organized by the apprentices themselves, is vital. Such committees have been set up in the past but have all fizzled out due to the organizational problems involved (e.g. different days requiring different meetings) and a lack of understanding as to their role, which is to defend and further the interests of apprentices. The recent failures should not stop us this year from once again attempting to set up a working Apprentice Committee.



# Working

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## THE NATIONAL MANPOWER SERVICE.

The National Manpower Service is the state's employment agency. Charging no fees, it helps job-seekers and employers alike at all levels – skilled, professional, managerial, clerical and general. In addition to assessing and selecting workers for specific jobs, NMS placement officers can advise about job opportunities generally.

The NMS operates the Irish and the EEC's system for exchanging information on unfilled vacancies and workers wishing to work abroad.

The Dublin office of the NMS operates an occupational guidance service staffed with specially trained counsellors under the direction of a psychologist for adults and for young people who have left school. Placement officers are in a position to give initial guidance before referring the matter to the occupational guidance service.

The Dublin office of the NMS is O'Connell Bridge House (phone 711544) and there is also an office at 102 Patrick Street, **Dun Laoghaire** (phone 801709).

## VACATION WORK.

Many students are keen to take vacation jobs in other countries, to improve their language proficiency, to study different cultures, or simply to earn as much as possible between college terms. Under the provisions of the Treaty of Rome all EEC nationals have equal rights in employment matters, and the same placement services are available to visiting EEC nationals as are available to the nationals of the host country. Irish or UK citizens do not require work permits anywhere in the community, but it would be wise to have a job arranged before travelling. USIT is not an employment agency, and is not equipped to handle placement work. This is mainly dealt with by the specialist placement agencies.

Each EEC country partakes in an exchange network called "Système Européen de diffusion des offres et des demandes d'emploi entregistrees en compensation internationale" or SEDOC for short. Employers are invited to notify their staff requirements to the national placement service, and such vacancies are circulated to each of the other member states on a regular basis. There is a check made on the bona fide of the employer and full details of wages, working hours, meals or accomodation are obtained.



In Ireland the SEDOC system is administered by the National Manpower Service, and special application forms for those seeking vacation work are available at each NMS office. Most of the vacation jobs are in hotels or in food processing, but because of changing economic conditions it is difficult to forecast where the best prospects will be. A knowledge of a foreign language is a decided advantage, and an up-to-date passport is essential. The SEDOC service is only available to persons over 18 years, and only applies to jobs within the EEC. Besides job information, the SEDOC network provides information on the average cost of food, clothing and some personal services which would be of interest to visiting workers.

Further information will be available as the year continues and USIT, "the travel service" will be tying in with the work of the National Manpower Service.

## **ANCO — INDUSTRIAL TRAINING AUTHORITY.**

### **Introduction.**

AnCO was set up under the Industrial Training Act 1967 with a general responsibility for training at all levels of industry and commerce. It is an independent body governed by a Council consisting of 15 members appointed by the Minister for Labour. Five members are appointed at the nomination of employer organisations, five more at the nomination of the Irish Congress of Trade Union. There are also Industrial Training Committees and Advisory Committees which advise and assist the Council.

AnCO undertakes training in three main areas:

1. Company-based Training.
2. Training for Skill, i.e., apprenticeship.
3. Training for individuals.

### **Company-Based Training.**

This scheme is intended to encourage training withing industry. It is based on a levy-grant system. Firms are required to pay a levy of between 1% and 1¼% of their total payroll into a fund. The fund is then used to make grants available to firms which devise training programmes. So a firm which appoints training personnel, identifies its training needs and implements a programme to meet them, can regain, in the form of grants, up to 90% of the levy it paid into the fund.

### **Training for Skill: Apprenticeship.**

AnCO has a major responsibility for organising apprenticeship training and experience, both on and off the job, in all practical and theoretical aspects of work. Normally, apprenticeship begins at the age of 15/16 and ends five years later. A leaflet, *Apprentice Training in Ireland*, is available free from AnCO, P.O. Box 456, Baggot Court, Dublin 4, or from a Local Training Centre. It sets out in detail how to become an apprentice, and the training and educational qualifications required.



*VEC Colleges provide students with many essential technical skills.*

### **Training for Individuals.**

AnCO's adult training and retraining courses are for men and women over 18 years of age. The courses are designed essentially for unemployed and redundant workers, for those leaving agriculture work, those wishing to leave dead-end jobs, or wanting to update their skills. A leaflet, *Courses for Adult at AnCO Training Centres* sets out some basic information about these courses. There are also a number of leaflets which set out the details of Training Allowances which are available and give details of the individual courses. All these are available free from AnCO, P.O. Box 456, Baggot Court, Dublin 4 or from a local training centre. A new leaflet – *Training for Women – Adult & Apprentice Courses* is also available.

### **Careers Information.**

There are two main sources of careers information and advice.

(a) **COLLEGE CAREERS OFFICES.** Universities have professionally staffed careers advice offices. Smaller colleges usually have a member of the teaching staff with special responsibility for careers. Students should use these services.

(b) Department of Labour Careers Information Section,  
Mespil Road,  
Dublin 4.

Tel: 765861 (Extns. 263, 63, 67, and 68).

A selection of over 300 information leaflets on various occupations is available free of charge.

## **WORK, EMPLOYMENT & CAREERS.**

Students Union Welfare Officers are often presented with problems in relation to employment either from part-time students and apprentices or from full-time students who work in the evenings and/or during vacations.



## Conditions of Employment.

When a person gets a job it is very important that he knows what his rights and responsibilities are in relation to the job. Most of these are worked out in discussion between the employer and the employee, or his trade union. When this is being done there are certain minimum standards laid down in legislation which must be taken into account. It is important to emphasise that legislation about employment usually specifies a minimum standard which must be complied with. It does not, however, debar the employer and the employee from coming to arrangements which are better than the minimum laid down by law. All it requires is that conditions do not fall below a certain standard.

## WORKING CONDITIONS.

The actual physical conditions which exist for each employee are very important because such a considerable part of his life is spent at work. There are a number of Acts which lay down minimum standards for the safety, health and welfare of workers in various kinds of jobs.

The two main Acts which cover this area are the Factories Act 1955 and its associated Regulations and the Office Premises Act 1958 and the various regulations made under it. In both cases there is an explanatory Handbook available from the Government Publications Sales Office, GPO Arcade, Dublin 1, which gives details of the minimum standards required.

## SAFETY AT WORK

Under the Factories Act and similar legislation the Department of Labour has major duties to ensure that places of work achieve and maintain the required level of safety. They have a team of experts called the Industrial Inspectorate who regularly inspect premises and offer advice and guidance on the measures that must be taken.

The Department recommend that each industry should have among its workers a safety committee who will act as a watchdog and who will notify the Inspectorate if there is any breach of the regulations. A special leaflet entitled Safety Committee in industry can be got from the Department of Labour, Davitt House, Mespil Road, Dublin 4.

In addition, a voluntary organisation called National Industrial Safety Organisation (NISO) provides a comprehensive information service on all aspects of safety in industry. It has available a number of leaflets and very attractive posters. Industries interested in promoting the theme of safety among its workers can join the organisation for a small fee. The Department of Labour provides a grant to the organisation. Further information and copies of the leaflets can be got from:

N.I.S.O.,  
Davitt House,  
Mespil Road,  
Dublin 4.  
Tel: (01) 765861

Every employer has a duty to provide safe working environment for his employees. The place where you work and the tools and machinery which you use have to be safe. In addition, the employer has to ensure that the staff be competent.

If an employee is injured or suffers a disability while on the job he can avail of each of two basic remedies. The first of these is in the form of a claim for Occupational Injuries Benefit to the Department of Social Welfare. The second is claim for damages and it generally takes the form of a Civil Action which may have to be settled before a judge and jury.

## PAY

There is a tradition of free collective bargaining in relation to pay in Ireland which makes it a matter of negotiation between the employer and employee, or his trade union. In cases of dispute the services of the Labour Court are available to help the parties to come to an agreement and we will deal with these in a later section.

In recent years negotiations about pay have been conducted on a national basis between employers and trade unions and National Wage Agreements and Understandings have resulted. These lay down the terms of pay over a specified period but these only relate to employment in which the employees are organised in a trade union or association. In other types of employment levels of payment are still a matter of private negotiation between the employer and his employee. Details of the current National Wage Agreement are available from the Employer-Labour Conference, Department of Labour, Mespil Road, Dublin 4.

A small number of industries, trades and professions have minimum levels of pay laid down by law. The working out of these minimum levels is done by Joint Labour Committees which come under the auspices of Labour Courts. Details of the types of employment covered and the rates which are in force at present are available from the Department of Labour, Mespil Road, Dublin 4.

## EQUAL PAY

The Anti-Discrimination (Pay) Act 1974 is designed to ensure equal treatment between men and women regarding pay. The Act came into operation on 31 December 1975 and its provision must be fully met as from that date.

The right to equal pay applies to those who are employed on like work by the same employer or by associated employer. Like work is defined in three ways.

1. The same work under the same or similar conditions.
2. Work of a similar nature which differs only infrequently or in some not very important way.
3. Work of equal value in terms of skill, physical or mental effort, responsibility and working conditions.

It is the primary duty of employer and employees to work out arrangements for implementing the Act. In a case where there is a dispute one of the Equal Pay Officers of the Labour Court will investigate and make a recommendation. An employee of employer or their representative organisations may refer a dispute about equal pay to an Equal Pay Officer. Either party





*The CDVEC stand at the RDS Careers Exhibition.*

may appeal to the Labour Court against a recommendation or for a determination that a recommendation has not been implemented. If such a determination is not implemented by the employer an employee may appeal again to the Labour Court which may direct the employer to implement its determination. In a case like this, failure by the employer to carry out an Order of the Labour Court is an offence.

There is an Explanatory Leaflet for Employers & Workers about the Act which is available free from Anti-Discrimination Section, Department of Labour, Mespil Road, Dublin 4.

## TRADE UNIONS

Students who are working, even if only for a temporary period should join the appropriate trade union, for two reasons:—

- (i) in the interests of the individual, since the trade union can often afford protection against unfair treatment.
- (ii) in the interests of the entire workforce in the place of employment, since the proliferation of labour legislation, industrial tribunals, etc., can mean that disputes involving non-union members can be set as a precedent and used as a weapon to erode the hard-won rights of union members.

A Students Union is not a trade union in the strict sense of the term as it applied to Labour law nor in the definition applied by ICTU.

Simultaneous membership of a students union and a trade union is by no means incompatible, on the contrary it should be encouraged.

## **WORKING IN IRELAND.**

### **A. RECLAIMING TAX.**

If you have worked in Ireland for the summer you will probably have paid tax through the P.A.Y.E. system.

The initials stand for PAY AS YOU EARN. It is simply a method of deducting income tax from your wages and salaries. The aim is to keep the amount of the tax you pay in step with your earnings.

When you start work you should complete a form P. 12.

Name and Address

Name of Employer

Date of commencement of employment.

Also you should state that you were not employed from the beginning of the tax year until now because you were attending a fulltime course in University. (It is important to say this because unless the tax office get it in writing they will tax you as if you were employed).

### **CHANGING JOBS**

If you are unemployed or finished work fill in a Form P50 claiming a repayment of tax paid. In filling it state that you won't be receiving unemployment because you are going back to College.

After your first year working you will automatically get a tax certificate the next year. You should retain this to give to your new employer the next year. This will save a lot of form filling.

### **POINTS TO REMEMBER:**

Fill out Form P12.

State that you were unemployed until commencement of the job because of following full time course.

N.B. Keep all pay slips — these will show how much you earned and tax paid etc.

### **RECLAIMING:**

Fill out P50. State that you won't be resuming employment because you are going to complete your studies.

Keep your tax certificate.

If you have any problems contact your local Tax Office.

### **B. RIGHTS OF YOUNG WORKERS.**

There are few students that are not forced to work during holiday periods or to obtain part-time employment during College terms. The shortage of jobs and the need "to make plenty" give the employers the opportunity to take advantage of students, denying them their legal rights. The following is a list of rights due to young workers.



### *Compensation for holidays when employment ceases.*

Annual Leave: To qualify for holidays an employee must have worked at least 120 hours in a month. When an employee ceases employment and annual leave is due to him, the employer shall pay him compensation at the rate of one quarter of his normal weekly remuneration for each calendar month during which the employee worked at least 120 hours.

*But I was working during the summer on a day to day basis? Am I due any compensation?*

Yes. Persons employed on a day-to-day basis or on a part-time basis, and no annual leave was due to you, your employer has to pay you compensation consisting of  $1\frac{1}{4}$  days pay provided you have during the 30 days ending on the day before your employment ceases, worked at least 120 hours. Ask your employer for that money. He must give it to you.

### *Are part-time workers entitled to public holidays?*

Yes. Persons employed on a day-to-day basis or on a part-time basis who have worked at least 120 hours during the five weeks ending on the day before a public holiday qualify for public holiday entitlement.

In respect of each public holiday, an employee is entitled to:

- (a) A paid day-off on the holiday or
  - (b) A paid day-off within a month or
  - (c) An extra day's annual leave or
  - (d) An extra day's pay,
- as an employer may decide.

### *Can the employer sack me on the spot?*

No! If you normally work more than twenty-one hours a week or more for the same employer and have been in continuous service (you did not quit) for 13 weeks or more then you are entitled to a minimum notice of ONE WEEK before you are dismissed.

Likewise your employer is entitled to at least one week's notice from you if you propose to give up your job.

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## SOCIAL WELFARE ENTITLEMENTS IN IRELAND. OUT OF WORK:

A student either male or female is entitled to Unemployment Assistance during the summer vacation if:

1. He or she is over 18 years of age.
2. He or she has lived continuously in the State for at least six months at any time before claiming.

3. He or she is capable of work, available for and genuinely seeking work.
4. He or she satisfies a means test.

The rates of U.A. vary as regards persons living in an urban area and those living elsewhere and according to the means of the applicant and the size of his family.

## DISABILITY BENEFITS.

Payable to insured persons during periods of incapacity for work. Where, however, the incapacity is the result of an occupational accident or a prescribed industrial disease, injury benefit (see below) may be payable instead of disability benefit. To be eligible a claimant must:

1. Be unfit to work.
2. Have paid at least 26 contributions.

An incapacitated person who does not qualify on insurance for the above payment may, if he is chronically disabled, qualify for a disabled person's maintenance allowance from his regional health board.

## OCCUPATIONAL INJURIES BENEFITS.

If you are insured and you are out of work due to an accident arising out of and in the course of employment insurable for occupational injuries benefit, or to a prescribed industrial disease, you are entitled to Injury Benefit. It is paid for the first 26 weeks from the date of the accident.

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## WORKING IN BRITAIN.

If you go to work in Britain or Northern Ireland the following information should help you in tax matters.

When you start work your employer should inform his tax office, they will then send you out a form to be filled.

You are unlikely to earn enough during the holidays to make you liable for tax, therefore, it may be possible to arrange for your employer not to deduct tax from your earnings. You should ask him whether this arrangement can be made in your case. If not the employer will deduct tax from your earning of more than £13 a week until the tax office tells him your code.\* If you do pay tax which is not wholly repaid by your employer when he gets to know your code, you may be able to claim repayment after you leave. If you get in touch with the tax office they will explain what you have to do.

1. \*The P.A.Y.E. (U.K.) code. That is just a number and a letter. The number is the amount of your allowance without the last letter i.e.,  
Allowance £932 – Code 93  
Allowance £1,568 – Code 156

The letter L is added if you have been given a single person's allowance or a wife's earned income allowance. But if you are entitled to a married man's allowance the letter will be H.

2. CLAIMING YOUR ALLOWANCE. As soon as the employer tells



- the tax office that you have started work a form will be sent to you.
3. **CHANGING JOBS.** When you leave your employer he should give you a "leaving certificate" (form P.45). This shows your code, the amount of your pay and any tax deducted since you started work. It is in two parts, both of which you should hand to your new employer. He will keep one and send the other to the tax office. Your new employer will then be able to take up your deductions where the last one left off.

Take care to hand both parts of your P.45 to your new employer when you change your job. If you do not do this, your tax deductions may be more than the should be for a while.

4. **WHAT HAPPENS IF I LOSE MY JOB?** If you are unemployed for a short time, the tax tables will automatically ensure that, when your new employer first pays you, you get the benefit of your allowances for the time you were not working. This will mean that you have less tax to pay or that there may be a refund of tax which will be added to your pay.

## NOTE

1. Keep a note of the tax office to which you make your return of income.
2. Keep a note also of your reference number.
3. Quote the reference number if you write or phone your tax office.
4. Always tell the tax office of any change in your personal circumstances.
5. If you have any doubt about your tax position consult the tax office.
6. If you change jobs, be sure you hand over both parts of your leaving certificate (P. 45) to your new employer.

## OTHER CONTRIBUTIONS PAID.

Very often in the building industry employees pay what is called a holiday stamp. This is meant as a saving scheme so that an employee will have money for his holidays. The money is often collected before you get your pay packet. When you are leaving the job you should find the name of the holiday stamp company and write to them for a refund.

## CLAIMING BACK TAX.

When you finish work and before you come home, if possible, you should apply for a tax rebate. This is done by filling out the form which your employer should give you. If he fails to give you one, you should write to your local tax office stating:

Your Name and Address,

The Company you worked for &

How you were employed or unemployed for the Tax Year to the day of leaving.

They will send you out a form to be filled in and returned.

N.B. It is important to state that for the period before taking up employment that you were a full time student. They will then send you your money.

## ENTITLEMENTS IN BRITAIN UNDER SOCIAL SECURITY.

When you start work in Britain go to the nearest social security office (address in Post Office or Phone Book), they will issue you with your number. When you start work give your number to the employer, deductions will then be made from your wages on a percentage basis – 5.5% - 5.75%. It is vital that you are insured while at work. Because if you have an accident or get ill, if you are not insured you could be in serious difficulty. You can also get unemployment benefit. Never work without insurance – only disreputable employers will ask you to do so – they should be avoided always. If you are unemployed, or incapable of work because of illness you will generally be eligible to have a contribution credited to you for each week of absence from work. If you are employed you must make a claim at an Unemployment Benefit Office on your first day out of work and sign as directed for the duration of unemployment. If you are incapable of work because of illness you should send evidence – usually by means of Medical Certificates – to your local Social Security Office. These credits will help you to qualify for Benefits.

### BENEFITS.

1. Unemployment Benefits.
2. Sickness and Invalid Benefits.
3. Industrial Injury and Disablement Benefits.

These are the most immediately relevant to students.

### UNEMPLOYMENT BENEFITS.

Register the first day you are unemployed. If you are just off the boat or plane go immediately to an Unemployment Benefit Office of the Department of Employment (address in Post Office or Phone Book).

### IF YOU ALREADY HAVE A JOB.

Take your P. 45 Form with you. If you don't have a P. 45 quote your national insurance number when you make your claim. You will normally have to go to the Unemployment Benefit Office once a week at an arranged time to claim benefit for any days you were unemployed the previous week. You could lose your benefit if you don't report for an interview arranged to help you get a job. You could be entitled to an earning related supplement and/or Supplementary Benefit also (see Pages on).

### SICKNESS AND INVALIDITY.

If you are ill and unable to work you will want to claim sickness benefit. The way to make a claim is on the certificate your doctor will give, if in his opinion, you are incapable of work. The cert. includes the benefit claim form which you should complete and send to your local Social Security Office. There are time limits for claiming so to avoid losing money you should notify the Social Office immediately.





*Students discovering what employment prospects are. VEC graduates have less difficulty than most in finding employment.*

## INDUSTRIAL INJURIES BENEFIT.

If you have an accident at work, make sure that it is reported to your employer at once, so that an entry can be made in the accident book, if there is one. If you don't do this you could lose benefit.

Injury benefit is payable if you are unable to work because of an industrial accident or disease. It is paid for the first 26 weeks from the date of the accident.

There are many other benefits which do not depend on your having paid any national insurance contributions. Whether or not you are entitled to any of these benefits will depend entirely on your income and other circumstances.

## SUPPLEMENTARY BENEFITS.

If you are 16 or over and have left school but been unable to find full-time work, you may be able to get a supplementary allowance if your income is below a certain level. Normally you will not be entitled if you are still at school or college full-time, but if you are a student taking a University or other advanced course you may get the benefit during vacations if you are unable to find work and provided you are available to take a job when it is offered to you. You can make a claim at an Unemployment Benefit Office. Further information: Leaflets SBI (from Post Office) or SLB (from Employment Office).

## OTHER BENEFITS YOU CAN GET.

When you receive supplementary benefits or FIS you and your dependants are also automatically entitled to the following benefits. Even if you are NOT eligible for supplementary benefit or FIS you still may be able to get help with the expenses if your income is below a certain level, or in some cases, solely on grounds of age, medical circumstances or need.

**Free Prescriptions** for people with low incomes, children under 16, expectant mothers, mothers with a child under one, people with certain medical conditions, women aged 60 and over, men aged 65 and over, war pensioners. Further information: Leaflet PC 11 (from Post Office).

**Free Dental Treatment** or reduced charges for people with low incomes, school children, young people aged 16-21 (except dentures), expectant mothers and women who have had a baby in the previous 12 months. Further information: Leaflet F 11 (from Post Office).

**Free Glasses** or reduced charges for people with low incomes and school children. Further information: Leaflet F 11 (from Post Office).

**Family Planning** advice and treatment is available for everyone from NHS family planning clinics. Contraceptive supplies which they prescribe and dispense are free. Most NHS family doctors provide a similar service for women.

**Rent Rebates and Allowances** for people (except those getting supplementary benefit) who cannot afford their full rent, whether for private or council, furnished or unfurnished accommodations. Further information: Leaflet, There's Money Off Rent (from local Councils).

**Legal Aid and Advice** for people who need the help of a solicitor or who may be involved in civil court cases. Further information: Leaflet New Legal Aid (from Citizen's Advice Bureau).

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## CLAIMING TAX BACK FROM U.S.A.

Students admitted under the J.I. visa programme are exempt from paying U.S. income tax.

If social security taxes have been deducted from your wages you should ask your employer for a full refund before you leave. If you do not obtain the refund from him, you should send a completed Form 843 Claim (a copy of which is available in the Welfare Office) with a statement from your employer indicating that he has not refunded to you and that you have not authorised him to file a claim for this tax. This should be sent to your nearest Internal Revenue Centre.

See also Medical Services in E.E.C. countries.





# Social Welfare

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The department of Social Welfare provides a broad range of services which are designed to give support where social need arises. These services can be divided into two basic schemes:

**Contributory Social Insurance**, which is administered on the basis of a person's Social Insurance record, i.e., the number of employment contributions (stamps) he has on the card from year to year;

**Non-contributory Social Assistance**, administered on the basis of a means test, i.e., an estimate of the amount of income a person has from various sources.

Although these schemes are assessed on a different basis, there is a link between the two schemes, and they quite often complement each other.

These notes summarize those aspects of the social welfare system which are of most obvious concern to students. They are, however, by no means exhaustive, and should be used in conjunction with the following booklet:

Summary of Social Insurance & Assistance Services,

Available free from:

Information Section,

Dept. of Social Welfare,

Aras Mhic Dhiarmada,

Dublin 1. Tel. (01) 786466.

If you have a specific query about any aspect of social welfare services, you should contact the above address, or National Social Service Council, 71 Lr. Leeson Street, Dublin 2. Teol (01) 682422.

## Unemployment Benefit.

Unemployment Benefit is payable weekly during unemployment to an insured person under 67 years of age who satisfies the contribution conditions and requirements and is capable of work, available for employment and free from disqualification.

A Claim for unemployment benefit should be made on the first day of unemployment at the nearest Employment Exchange or Employment Office of the Department of Social Welfare. The claim may be made by post if the office is more than six miles away.

### **Duration of Benefit.**

Unemployment Benefit is payable for a maximum of 312 days (not counting Sundays) from the fourth day in a period of interruption of employment. This limit, however, does not apply if the claimant is between 65 and 67 years, has at least 156 employment contributions paid and satisfies all the general conditions for title to unemployment benefit.

The duration is 156 days (not counting Sundays) if the claimant is under eighteen years or is a married woman living with or wholly or mainly maintained by her husband.

### **Important Note.**

An insured woman who married is required to notify the Department of Social Welfare of her marriage within eight weeks or when claiming any benefit under the Social Welfare Acts, whichever are earlier.

Any three days of unemployment whether consecutive days or not, in a period of six consecutive days form a period of interruption of employment. Any two such periods are counted as one unless there is a gap of more than thirteen weeks between them.

### **Rates of Benefits.**

The full weekly flat-rates of benefit and of the additions for dependants vary with every budget. Present rates can be had from any Department office.

Benefit continues to be payable at the same rate to the end of 312 days entitlement if the claimant's insurance record reaches a certain standard. The standard is that at least 280 contribution years (plus if necessary the expired portion of the current contribution year) prior to the claim. Where this test is not satisfied, lower rates of benefit come into effect during the second half of the 312 days.

There is no similar test or lowering of benefit rates for persons whose entitlement is limited to 156 days, or for persons of 65 years of over who qualify for continuous benefit.

### **Pay-Related Benefit.**

A pay-related supplement to total weekly flat-rate unemployment benefit may also be payable. Where there is title to this supplement, payment will normally start from the thirteenth day of the claim. The supplement may be paid for up to 147 days. A separate leaflet about pay-related benefit can be had on request from the Department of Social Welfare.

### **Payments for Dependants.**

An increase of benefit is payable –

To a Married Man for his wife if she is living with or wholly or mainly supported by him;

To a Married Woman for her husband if he is an invalid and is wholly





*A dole office: the unfortunate pay office for over 100,000 unemployed people at the moment.*

or mainly maintained by her;

To a Single Man or Widower for a female person, 16 years of age or over, wholly or mainly maintained by him and having the care of one or more dependant children who normally reside with him;

To the Claimant for each dependent child who normally resides with him or her; a dependent child is one who is under 18 years of age, is ordinarily resident in the State and is not detained in a reformatory or an industrial school.

### **Night Work.**

If a claimant works a night-shift starting before and finishing after mid-night he may be entitled to Unemployment Benefit for one of the two days. He should inform the Local Office if he gets night-work and he will be suitably instructed regarding it.

### **The Contribution Conditions.**

1. The contribution conditions for unemployment benefit are:
  - (a) that at least 26 employment contributions have been paid on behalf of the claimant since entry into insurance and
  - (b) that at least 26 employment contributions have been paid for or credited to the claimant for the last complete contribution year before the benefit year in which benefit is claimed. For full flat-rate benefit 48 contributions in that contribution year are required.

2. A contribution year covers a period of twelve months. A benefit year usually covers a period of twelve months also and begins about months after the end of the contribution year.
3. For the purposes of the contribution conditions, certain employment contributions do not count. Claimants must also satisfy any additional conditions for receipt of unemployment benefit which may be in force when benefit is claimed.

### **Spare-Time Employment.**

A day is not regarded as a day of unemployment if on that day an insured person is following any occupation from which he derives any remuneration or profit unless the occupation could ordinarily have been followed in addition to the usual employment and outside the ordinary working hours of that employment and the remuneration or profit from it does not exceed £1 for that day or, if in respect of a longer period, a daily average of £1. The £1 limit, however, does not operate in such cases if the insured person has had 78 contributions paid in a recent three year period.

### **Disqualifications.**

The disqualifications for the receipt of unemployment benefit are briefly as follows –

1. Except in certain circumstances a person who has lost employment by reasons of stoppage of work due to a trade dispute at his place of employment is disqualified so long as the stoppage continues.
2. A person is disqualified for a period not exceeding six weeks if he (i) loses employment through his own misconduct or (ii) refuses an offer of suitable employment or (iii) voluntarily leaves employment without just cause or (iv) unreasonably refuses to undergo suitable training provided or approved of for him by An Chomhairle Oiliuna (AnCO), or (v) fails or neglects himself of any reasonable opportunity of obtaining suitable employment.
3. A person is normally disqualified for any period during which he is absent from the State (but see paragraph below) or is imprisoned.
4. Offences can lead to disqualification for six months – see below.

### **Requalification for Benefit.**

Unless he is 65 years of age or over and has at least 156 employment contributions paid, a person who has drawn benefit for 312 days or 156 days, as the case may be (See Duration of Benefit, previously), must requalify before he can get further unemployment benefit.

For requalification, at least 13 contributions must be paid in respect of insurable employment occurring after the 156th day of benefit. Where a person eligible for 312 days benefit, contributions paid for any insurable employment obtained during the period from the 157th to the 312th day of benefit are taken into account towards the 13 requalifying contributions. However, contributions paid only for widow's and orphan's pension or for occupational injuries insurance do not for this purpose.



## **Receipt of Other Benefits.**

A woman claiming unemployment benefit who is in receipt of a widow's pension, a deserted wife's allowance/benefit or a social assistance allowance is only entitled to half the rate of unemployment benefit. If the pension or allowance is at a reduced rate, more than half the rate of benefit may be payable.

## **Payment Abroad.**

An unemployment benefit recipient may continue to receive payment for up to three months in another EEC State to which he may go to seek employment if he has been registered here for four weeks before departure and if he registers in the other EEC State within seven days of leaving this country. A claimant intending to avail of this facility should inform his Local Office well in advance.

## **Decisions and Appeals.**

Claims for unemployment benefit and questions arising in connection with them, such as a claim for an increase for a dependant, are decided by Deciding Officers appointed under the Acts. A claimant who is dissatisfied with a decision may appeal to an Appeals Officer but notice of intention to appeal must be given within twenty-one days from the date of notification of the decision.

## **Credited Employment Contributions.**

With a view to having contributions credited (that is treated as paid) for periods of unemployment or approved industrial training during which he is not getting unemployment benefit or unemployment assistance, as insured person may in certain circumstances have his insurance card franked at the Local Office of the Department of Social Welfare for calendar weeks of proved unemployment or training. Credited contributions are given automatically for weeks of receipt of unemployment benefit or assistance or for duly notified incapacity for work.

## **Offences.**

If, in order to get unemployment benefit for himself or someone else, any person knowingly makes any false statement or false representations or knowingly conceals any material fact, he is guilty of an offence and he is liable on summary conviction to a fine of up to £50 or to imprisonment for up to three months or to both fine and imprisonment. Apart from any penalty imposed by the Court on a person convicted of such an offence, the person becomes automatically disqualified for receiving unemployment benefit for a period of six months from the date of conviction.

In addition, benefit got irregularly has to be paid back and can be recovered by the Minister for Social Welfare by legal proceedings or by deduction from benefits properly payable.

## Insurance Stamps.

Insurance stamps in payment of employ-contributions under the Social Welfare Act may Not be affixed to Insurance Cards except for employment which is insurable under those Acts. The stamps may be affixed to an insured person's card only by the employer. Any persons affixing stamps otherwise may be liable to prosecution.

*A claimant for unemployment benefit who becomes employed on any day after signing the unemployment register should so inform the local officer for any purpose. Any change of circumstances which might affect a claim for unemployment benefit or for an increase of benefit for dependants should be reported immediately to the local officer.*

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## UNEMPLOYMENT ASSISTANCE.

### Persons Eligible to Apply for Unemployment Assistance.

1. A person cannot be paid Unemployment Assistance unless he (or she) is the holder of a qualification certificate issued under the Unemployment Assistance Acts. Any person, whether employed or unemployed, a Local Office (that is an Employment Exchange or Branch Employment Office) of the Department of Social Welfare. Information about these certificates is contained in Leaflet U.A. 19 which can be had at the Local Office.
2. The holder of a qualification certificate who desires to obtain unemployment assistance must attend at a Local Office of the Department of Social Welfare, however, if he lives six miles from the nearest Local Office he may apply by post. In either case he must deliver his qualification certificate with the application for unemployment assistance.

### Conditions for the Receipt of Unemployment Assistance.

The following are the statutory conditions to be satisfied by the holder of a qualification certificate before he is entitled to receive unemployment assistance.

- (a) That he has made application for unemployment assistance in the prescribed manner and proves in the prescribed manner that since the date of his application he has been continuously unemployed (the Local Office will instruct the applicant in these matters;
- (b) That he is capable of work and is available for and genuinely seeking but is unable to obtain employment suitable for him having regard to his age, sex, physique, education, normal occupation, place of residence, and family circumstances;
- (c) That since his qualification certificate was issued to him he has not done anything and no change of circumstances or other event has occurred which would invalidate the certificate or would disentitle him to hold it;



- (d) If he has been duly required by a Deciding Officer to attend a course of instruction appointed or approved by regulation, that he has duly attended the course in accordance with that requirement.
- (e) In the case of a widow or spinster who has not dependant, that not less than fifty-two employment contributions under the Social Welfare Acts have been paid in respect of her at the appropriate rate during the Contribution Years preceeding the Contribution Year in which application for unemployment assistance is made. (The Contribution Year for a woman is the twelve months commencing on the first Monday in July).

#### **Disqualifications for Receiving Unemployment Assistance.**

1. A person is disqualified for receiving unemployment assistance:
  - (a) while resident; whether temporarily or permanently outside the State; or
  - (b) while undergoing imprisonment or detention in any prison or detention in any prison or other place of detention maintained wholly or partly out of public moneys; or
  - (c) while an inmate of any institution maintained wholly or partly out of public monys or by a local authority; or
  - (d) while in receipt of or entitled to (i) a pension as a blind person under the Old Age Pensions Acts, (ii) any disability benefit or unemployment benefit under the Social Welfare Acts, (iii) any widow's (contributory) pension or maternity allowance under the Social Welfare Acts or any widow's (non-contributory) pension under the Widow's and Orphans Pensions Acts.
2. A person who loses his employment through his misconduct or who voluntarily leaves his employment without just cause, or who, without good cause, refuses or fails to avail himself of any reasonable opportunity of receiving training provided or approved of by An Chomhairle Oiliuna as suitable in his case, is disqualified for receiving unemployment assistance for the period of three months, or such shorter period (not being less than one week) as may be determined under the Unemployment Assistance Acts, from the date when he so lost or left his employment or so refused or failed.
3. A person who loses his employment by reason of a stoppage of work due to a trade dispute is disqualified so long as the stoppage of work continues (except in certain circumstances).
4. Disqualification for six months is incurred on conviction in Court of an offence under the Acts. See paragraph below.

#### **Rates of Unemployment Assistance.**

5. The rates of unemployment assistance are set out in the Summary booklet, and D 9 below.
6. Every application for unemployment assistance and every question arising in connection with an application will be decided by a Deciding Officer appointed for the purposes of the Acts. A person who is dissatisfied with the decisions given by a Deciding Officer may within twenty-one days give notice of desire to appeal against

the decision. The decision of an Appeal Officer is final and conclusive.

#### **Unemployment Assistance Improperly Received.**

7. A person is liable to repay unemployment assistance improperly assistance improperly received and the Minister for Social Welfare has power to recover the overpayment by Court proceedings or by deduction from any unemployment assistance which the person subsequently becomes entitled.

#### **Legal Proceedings.**

8. If, for the purpose of obtaining for himself or any other person a qualification certificate or any payment of unemployment assistance or of avoiding the making by himself or any other person of any repayment under the Unemployment Assistance Acts, any person makes any statement or representation (whether written or verbal) which is to his knowledge false or misleading in any material respect or conceals any material fact, or aids or abets any person employed by him to do so, he is guilty of an offence under those Acts and becomes liable on summary conviction thereof to a fine not exceeding £50, or, at the discretion of the Court, to imprisonment for any term not exceeding three months. On conviction he also becomes immediately disqualified for a period of six months, from the date of conviction, for obtaining or holding a qualification certificate or for receiving unemployment assistance as the case may be.

#### **Credited Contributions Under the Social Welfare Acts.**

9. One of the conditions for the various benefits provided under the Social Welfare Acts is related to the number of employment contributions paid or credited in the relevant Contribution Year or Years prior to the claim for benefit. With a view to having employment contributions under the Social Welfare Acts credited during unemployment, persons insured under those Acts may in certain circumstances have their Insurance Cards franked at the Local Office of the Department of Social Welfare in respect of contribution weeks of proved employment.

Any change of circumstances which would affect an application for unemployment assistance, including a claim in respect of dependants, should be reported immediately to the Local Office.

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#### **SUPPLEMENTARY WELFARE ALLOWANCE.**

Supplementary Welfare Allowance is provided when a person is unable to provide the essentials of life for himself or his dependants. Essentials are usually taken to mean accommodation, food and clothing.



## Who May Claim?

Under the Old 1939 Public Assistance Act persons, awaiting welfare benefits, e.g. Unemployment Benefit, could claim and obtain assistance. All applicants were closely scrutinized and the means test was vigorously enforced particularly when young single persons applied. Persons in receipt of either U/A or U/B who found that their means were insufficient to pay high rents could apply for a small supplementary allowance from Home Assistance. The amount of financial support a person could receive from Home Assistance was fixed at a level lower than state benefits.

Because of the numerous deficiencies in the 1939 Act, steps were taken to introduce a new system of allowances. The 1975 Social Welfare (Supplementary Welfare Allowances) Bill contained the provisions of the new system now implemented. The Act makes a number of changes which improve, broaden and to some extent democratize supplementary benefits.

Applicants for the first time have a legal right to benefits and they also have the right to appeal against any decisions made by Health Board Officials. Minimum standards of benefits are set out in the Act.

The Act also sets out who is eligible for benefits. "Any person whose means are insufficient to meet their needs are entitled to supplementary welfare allowance."

Section 3 (2): This section includes the dependants of students i.e. adult dependants and children of students.

Section 3 (3): Contains the provision whereby in exceptional circumstances supplementary welfare benefits may be payable to applicants such as students.

Finally not the dependants of strikers but the persons actually on strike are eligible for benefit.

Applicants can also be made for such items as back rent, ESB bills and repairs to homes.

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## Eligibility for Social Welfare Benefit Under British Social Security.

Under the EEC regulations it is possible under certain circumstances, for the insurance contributions of an Irish worker who was insurably employed in Ireland, to be combined, so that he may qualify for benefit. When a person applies for benefit, he should always mention any British Social Insurance record which he may have as well as his Irish Insurance. He should also keep a record of his British Insurance number for reference. If it would be to his advantage to combine the Irish and British Insurance records, the Department of Social Welfare will check with the British Department of Health and Social Security to see if this can be done. If the person wishes to make any inquiry about his British Insurance he should write to the local office of the Department of Health and Social Security in the area in which he was working in Britain or contact:

Dept. of Health and Social Security  
Overseas Group (Ireland)  
Newcastle Upon Tyne NE98 19 X

England  
Tel. Gosforth 857111 Ext. 7315.

See also "Out Working" section.

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## HEADQUARTERS OF THE DEPARTMENT OF SOCIAL WELFARE.

### Service.

### Address & Telephone Number.

*Index*  
*Records*  
*Disability Benefit*  
*Maternity Benefit*  
*Pay Related Benefits*  
*Occupational Injuries*

*Department of Social Welfare*  
*Aras Mhic Dhiarmada*  
*Dublin 1.*  
*Telephone. (01) 786444*

*Contributory Widows Pension*  
*Contributory Orphans Pension*  
*Deserted Wives Benefit*  
*Non-contributory Widows Pension*  
*Non-contributory Orphans Pension*  
*Deserted Wives Allowance*  
*Prisoners Wives Allowance*  
*Single Mothers Allowance*  
*Qualification Certificate for Un-*  
*employed Assistance*  
*Intermittent Unemployed Benefit*  
*(Wet Time)*

*Department of Social Welfare*  
*Phibsboro Tower*  
*Dublin 7*  
*Telephone (01) 30022*

*Unemployment Assistance*  
*Single Womens Allowance*  
*Non-Contributory Old Age Pen-*  
*sion*  
*Free Travel*  
*Free TV Licences*  
*Free Electricity*  
*Unemployment Benefit*  
*Retirement Pension*  
*Contributory Old Age Pension*  
*Blind Person's Pension*

*Department of Social Welfare*  
*D'Olier House*  
*Dublin 7.*  
*Telephone (01) 787155*

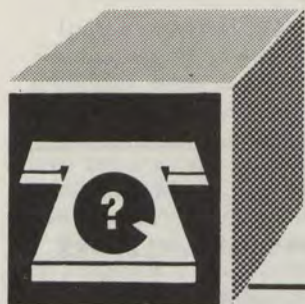
*Scope*  
*Treatment Benefit*  
*Invalidity Pension*  
*Death Grant*

*Department of Social Welfare*  
*Landon House*  
*157-164 Townsend Street*  
*Dublin 2. Telephone (01) 717171.*

*Childrens Allowance*

*Department of Social Welfare*  
*Oisín House*  
*Pearse Street*  
*Dublin 2. Telephone (01) 681011.*





# Directory Of Welfare Organisations

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**ADAPT (Association for Deserted and Alone Parents).**  
P.O. Box 673, Dublin 4.

Forms local groups, brings deserted and alone parents together, works to change social attitudes, provides a Counselling Service to anyone seeking help and advice. Publishes an Information Booklet.

**Agency for Personal Service Overseas.**  
26 Lr. Baggot Street, Dublin 2. Tel. 761571/763740.

Promotes temporary personal service in developing countries, selects and trains volunteers, protects interests of returned volunteers. Publishes an annual report and "Cunan" (an occasional newsletter).

**AIM Group.**  
P.O. Box 738, Dublin 4.

In Dublin, at the Women's Centre at 4 Upper Leeson Street, Dublin 2. Telephone 763587. Open mornings, Monday to Friday.

Campaigns for family law reform, runs a Women's Centre with an Advice Service, educates women as to their legal position, provides a Marriage Counselling Service. Has published reports on different areas of family law, publishes a quarterly newsletter, plans to publish pamphlets on aspects of family law.

**Al Anon Family Groups.**  
**Al Anon Information Centre,**  
12 Westmoreland Street, Dublin 2. Tel. (01) 774195 — Mornings.

Information Centre in Dublin, open 10.30 a.m. to 12.30 p.m. Monday to Friday at the above address and telephone number.

A fellowship of men and women whose lives have been or are being affected by another person's drinking.

**ALATEEN.**  
12 Westmoreland Street, Dublin 2. Tel. (01) 774195 — Mornings.

Alateen can be contacted at the Al-Anon Information Centre in Dublin, open 10.30 a.m. to 12.30 p.m., Monday to Friday at the above address and telephone number.

A fellowship of young people whose lives have been or are being affected by a parent's compulsive drinking.

**Alcoholics Anonymous.**

26 Essex Quay, Dublin 8. Tel. (01) 774809 & 787527.

A fellowship of men and women alcoholics. Members must desire to stop drinking. Publishes various leaflets. Meetings, open to anybody, are held on Mondays 8.30 p.m. in 60 Aungier Street and on Tuesday 8.30 p.m. in 87 Merrion Square.

**Ally.**

c/o Dominican Priory, Upper Dorset Street,  
Dublin 1.

In co-operation with other agencies, Ally provides a service to all single pregnant girls. Ally runs a family placement scheme, and a general advice and referral agency, and aims to improve service for and attitudes to single mothers. Publishes an annual report.

**AnCO — The Industrial Training Authority.**

P.O. Box 456, Baggot Court,  
27/33 Upper Baggot Street, Dublin 4. Tel. (01) 685777.

Established by the Government with the object of raising the skills of the Irish workforce at all levels in commerce and industry. AnCO's activities include: training for individuals at training centres all over Ireland, training for apprentices and company based training. Publishes an annual report, AnCO News (monthly) and various leaflets.

**Board For Employment Of The Blind.**

Ardee Road, Rathmines, Dublin 6. Tel. (01) 976633.

Provides employment for registered blind workers — runs a workshop in Dublin. The Board is appointed by the Minister for Health.

**Blood Transfusion Service Board.**

Pelican House, P.O. Box 97, 52 Lower Leeson Street, Dublin 2.  
Tel. (01) 766981.

Set up by the Government. Organises and administers a Blood Transfusion Service, provides information and advice to the Minister for Health, hospitals and Health Boards.

**Catholic Marriage Advisory Council.**

35 Harcourt Street, Dublin 2. Tel. (01) 780866, 780035.

C.M.A.C. services include pre- and post-marriage counselling in problems and advice on family planning and psycho-sexual problems. They also operate centres in Dun Laoire, Marino, Phibsboro and Templeogue.



**Central Remedial Clinic,**

**Vernon Avenue, Clontarf, Dublin 3. Tel. (01) 332206.**

Provides rehabilitation facilities for the physically handicapped. These include primary school and pre-school nursery training, medical rehabilitation services, vocational assessment, sheltered workshop and day centre for adolescents and adults. Some research projects.

**Cherish.**

**2 Lower Pembroke Street, Dublin 2. Tel. (01) 682744.**

Advice, counselling and practical assistance to single mothers, support for those intending to keep their children. Works for social acceptance of single parent families and equal rights for their children. Published a pamphlet "The Unmarried Parent and Child in Irish Society"; publishes a quarterly newsletter, plans an annual report.

**Church of Ireland Social Service.**

**71 Brighton Road, Rathgar, Dublin 6. Tel. (01) 972659/972670.**

Employ professional Social Workers. General social work agency, concentrating on casework. Available to all. Publishes an annual report.

**Civil Defence.**

**Department of Defence, Colaiste Caoimhin, Mobhi Road, Glasnevin, Dublin 9. Tel (01) 379911.**

Organises non-combatants to protect lives and alleviate distress arising from modern warfare, also renders assistance in peacetime disasters. Trains volunteers: Fire services, Wardens, Rescue, Welfare, Casualty and Auxiliary Fire Service. The organisation of Civil Defence is a statutory responsibility of each local authority area; there are also eight Regional Civil Defence Officers. Publishes "Civil Defence Journal" (quarterly).

**Consumers' Association of Ireland.**

**33/35 Wicklow Street, Dublin 2. Tel. (01) 770197.**

Voluntary organisation, formed to protect and educate Irish consumers. Runs a Consumer Advisory Service for its members. Publishes "Inform" monthly and distributes "Which" magazine to members. Represents consumers on various bodies, and campaigns for improved consumer legislation.

**Contact (Advisory Service to Young People).**

**45 Hardwicke Street, Dublin 1. Tel. (01) 784188/784336.**

Open to young people 15-25. Provides an Information Service and a Counselling Service which offers educational, vocational, and personal guidance and casework help. Very near the Bolton Street, Parnell Square and Cathal Brugha Street Colleges.

**Coolmine Lodge Therapeutic Community.**  
Coolmine Lodge, Clonsilla, Co. Dublin. Tel. (01) 384545.

Provides long-term, residential rehabilitation for drug abusers, young offenders, and others with personality problems. Publishes an annual report.

**Council for Education, Recruitment and Training for the Hotel, Catering & Tourism Industries. (CERT)**  
1 Ailesbury Road, Dublin 4. Tel. (01) 693522.

An agency of the Department of Labour, with five regional offices outside Dublin. Its title describes CERT's objects: it is responsible for career promotion, formal training in hotel and catering schools, in-service training, and placement. Publishes an annual report, and "CERT News" (quarterly).

#### **CURA**

**Address: No central Office.**

**Telephone: (01) 710598 Monday to Saturday 10 a.m. to 8 p.m.**

Enquiries to: nearest Centre. It is intended to open further Centres. Information on these can be obtained from the Catholic Press and Information Office, 169 Booterstown Avenue, Blackrock, Co. Dublin. Tel (01) 885043.

Established by the Catholic Bishops to offer information, advice and counselling to any woman with an unwanted pregnancy. Contact is normally by telephone but a person-to-person contact can also be arranged. Other services offered include: sheltered accommodation, medical care and confinement facilities, adoption, marriage counselling and post-abortion counselling.

#### **Drug Advisory and Treatment Centre.**

**Jervis Street Hospital, Dublin 1. Tel. (01) 748412 & 723355, Ext 266.**

Part of Jervis Street Hospital. Treats drug dependants and drug abusers as out-patients. Advisory service to young people, parents, teachers, youth workers, etc. Treatment is free.

#### **Dublin Well Woman Centre**

**63, Lr. Leeson St., Dublin 2 Tel. (01) 789366/789504.**

Clinic providing a comprehensive range of services in woman's health and family planning.

#### **Family Planning Services.**

**67 Pembroke Road, Dublin 4. Tel. (01) 681108**

Non-profit making body, services available to anybody of 18 years or older. Supplies non-prescription contraceptives, runs a daily medical family planning clinic, a pregnancy testing service and a cervical smear testing service. Campaigns for legal change. Publishes fact-sheets, distributes books and leaflets.



**Federation of Service for Unmarried Parents and their Children.**  
11 Clonskeagh Road, Dublin 6. Tel. (01) 961944.

National, non-denominational body which promotes the welfare of unmarried parents and of their children. Provides an Information and Referral Service for clients at both pre- and post- natal stages; aims to co-ordinate all services and research in the area of unmarried parenthood. Publishes a Directory of Services for Unmarried Parents and their Children,

**Financial Information Service Centres.**  
7 Fintwilliam Place, Dublin 2.

Provides free confidential advice to people or organisations unable to afford the professional services of accountants. Gives lectures, makes representation on tax anomalies, runs centres open to the public – answers written queries. Publishes annual report, technical notes, plans booklets on tax for ordinary citizen.

**Free Legal Advice Centres.**  
3 North Earl Street, Dublin 1. Tel. 726464.

Campaigns for introduction of a comprehensive state scheme of legal aid for both criminal and civil matters, examines areas of the law that need reform. In the interim, FLAC runs a number of centres in the Dublin area to provide free legal advice to those unable to afford the services of a solicitor.

**Health Education Bureau.**  
Ely Place, Dublin 2. Tel. (01) 762393.

Set up by the Government to advise on health education, carry out programmes of health education, help voluntary and statutory bodies in this field, to encourage and to research health education. Publishes various leaflets and booklets.

**Institute for Industrial Research and Standards, Consumer Complaints Section.**  
Ballymun Road, Dublin 0. Tel (01) 370101.

A customer who feels he or she has been sold a faulty or unsafe product may complain to the IIRS. They will examine it free, and take it up with the suppliers, if they feel the complaint is justified. The Section is covered in the IIRS' annual report.

**Irish Association of Social Workers.**  
18 Nicholas Street, Dublin 8. Tel. 757043.

Professional organisation of Social Workers. Represents views of Social Workers, promotes discussion, promotes training and education of Social Workers, encourages good social work practice and efficiency in the social services. Publishes annual report, policy statements, newsletter.

**Irish Building Companions.**  
Milltown Road, Dublin 6. Tel. 973997.

Aims to build a spirit of Christian community among its members and assists in building it among groups. Undertakes building, renovation and decoration work for voluntary groups. Publishes "Reach" (monthly), and annual report.

**Irish Centre.**  
52 Camden Square, Londown NW1 9XB. Tel. 4850051/4850052.

Aids Irish people in Britain, runs hostels, helps with accomodation and employment, provides a social centre. Aims to provide for moral and spiritual welfare of clients. Publishes annual report, newsletter.

**Irish Council For Civil Liberties.**  
Room G-2, Liberty Hall, Dublin 1. Tel. 749731.

Civil Liberties Advice Centre in Liberty Hall Wednesdays, 5.00 p.m. to 7.00 p.m.

Independent, non-party. Formed to promote civil liberties, protect human rights, recover and enlarge civil liberties. Publishes reports.

**Irish Council for Overseas Students.**  
48 Lower Rathmines Road, Dublin 6. Tel. 965241.

Set up to look after general welfare of overseas students in Ireland, particularly from Africa and Asia. Provides general advisory service to these, and encourages Irish schoolchildren to learn about their countries. Publishes "ICOS News" (bi-monthly) "Citizens of the World" (30/year, for schools), and "Guide for Overseas Students".

**Irish Family Planning Association.**  
15 Mountjoy Square, Dublin 1. Tel. 744133.

Description: Promotes education and research on family planning. Assists couples with sterility and other marital difficulties. Provides pregnancy tests, supplies contraceptives. Comprehensive family planning service at two Dublin centres. Publishes booklets, leaflets.

**Irish League of Credit Unions.**  
9 Appian Way, Dublin 6. Tel. 680731.

Central organisation of Irish Credit Unions. Starts and serves new Credit Unions, helps with their book-keeping, insurance, etc. Publishes many booklets, leaflets.

**Irish Society for the Prevention of Cruelty to Children.**  
20 Molesworth Street, Dublin 2. Tel. 761293, 760452.

Family casework agency for any family with a child under 17 who needs



protection. Professional casework service, voluntary back-up supportive service. Publishes annual report, newsletter.

**Marriage Counselling Service.**

**24 Grafton Street, Dublin 2. Tel. 720341.**

Trained volunteers provide counselling in marital and family problems also in schools, clubs, etc. Marriage preparation courses. Speakers supplied, training sessions for others in field. Publishes annual report.

**Mental Health Association of Ireland.**

**2 Herbert Avenue, Merrion Road, Dublin 4. Tel. 695375, 695096.**

At national level the MHAi aims to educate the general public, organises seminars, and publishes bi-monthly newsletter, annual report, booklets. Local affiliated associations help mentally ill patients and ex-patients and those under strain. MHAi and local associations aim generally to help the mentally ill and promote mental health.

**National Association for Clients of the Legal Profession.**

**15/16 Arran Quay, Dublin 7. Tel. 776032.**

Investigates difficulties encountered by the public in dealing with the legal profession.

**National Association for the Mentally Handicapped of Ireland.**

**5 Fitzwilliam Place, Dublin 2. Tel. 766035.**

Enquiries to: Secretary. Description: Represents parents, doctors, social workers, etc. Over 100 affiliated organisations. Promotes general welfare of mentally handicapped, encourages local associations, promotes discussion and research, advises parents and others. Publishes annual report, booklets, "Information Handbook".

**National Committee on Pilot Schemes to Combat Poverty.**

**8 Charlemont Street, Dublin 2. Tel. 673355.**

Set up by Government in 1974 to design and implement a programme of experimental pilot schemes to combat poverty, as part of the Social Action Programme of the EEC. Pilot schemes in various locations.

**National Drugs Advisory Board.**

**Charles Lucas House, 57c Harcourt Street, Dublin 2. Tel. 681098, 681411.**

Established by the Government. Gathers and assesses information on drugs. Advises Government on precautions, restrictions, testing, manufacture etc. Disseminates information on drugs. Publications almost exclusively for medical and dental practitioners, pharmacists.

**National Federation of Youth Clubs.**

**31 Mountjoy Square, Dublin 1. Tel. 681369, 742604.**

Central co-ordinating body for about 350 youth clubs. Conducts courses, conferences, etc. advises clubs, arranges inter-club activities and international exchanges, provides grants, aims to highlight youth needs. Full time headquarters and regional staff. Clubs grouped in Regional Councils. Publishes newsletters, yearbook, annual report, pamphlets.

**National Flatdwellers Association.**

**168 Rathgar Road, Dublin 6.**

Organises and advises flatdwellers and those in privately rented accommodation. Has drawn up a charter of rights and aims to have this incorporated in law. Published a pamphlet "Flat Broke". Formerly Dublin Flatdwellers Association.

**National Industrial Safety Organisation.**

**Davitt House, Mespil Road, Dublin 4. Tel. 765861.**

Membership open to individuals, firms, unions, other organizations. Close liaison with Department of Labour, Information Service, training.

**National Manpower Service.**

**Department of Labour, Davitt House, Mespil Road, Dublin 4.  
Tel. 765861.**

An agency of the Department of Labour. Assists employers to find workers, workers to find suitable employment. Provides career information, occupational guidance service. Publishes some leaflets. A few dozen offices around the country.

**National Road Safety Association.**

**Carrisbrook House, Ballsbridge, Dublin 4. Tel. 688633.**

Established by Government. Stimulates and co-ordinates road safety promotion activity throughout the country. Four Area Road Safety Officers. Publishes occasional newsletter, leaflet.

**National Youth Council of Ireland.**

**6 Waterloo Road, Dublin 4. Tel. 685386, 685379.**

The co-ordinating body of youth organisations in Ireland. Provides a forum, general information service, international contacts, specialised library. Promotes interests of youth. Publishes "Youth Forum" (5/year) "Irish Youth Directory", booklets.

**Oige, An (Irish Youth Hostel Association).**

**39 Mountjoy Square South, Dublin 1. Tel. 745734.**

Voluntary organisation with international links. Aims to help all, especially young, to appreciate countryside, our heritage, to preserve countryside and



have access to it. Provides simple hostel accomodation throughout the country. Members can use similar hostel in over 50 countries. Publishes handbook, leaflets.

**Overseas Club.**

c/o Irish Council for Overseas Students, Lower Rathmines Road, Dublin 6.

Provides accommodation bureau, advisory service for oversea students.

**Ovulation Method Advisory Service.**

19 Lr. Mount Street, Dublin 2.

Information on the ovulation method of family planning. (the Billings Method) is available at many Centres in various parts of the country. For the address of your nearest centre, write to the Hon. Secretary at the above address.

**Poison Information Centre.**

Jervis Street Hospital, Dublin 1. Tel. 745588, 723355.

To assist medical practitioners in the treatment of poisoning on a 24 hour basis.

**Rehabilitation Institute.**

30 Leeson Park, Dublin 6. Tel. 975773.

Enquiries to: Head Quarters, Dublin.

Description: The object of the Institute is to provide vocational training facilities for the disabled with a view to the training, and successfully placing of mentally and physically handicapped persons in employment. Formerly

Branches: The Institute is organised on a regional basis. Each region has a Regional Manager. In addition to the HQ in Dublin, there are several regional offices.

**The St. John Ambulance Brigade of Ireland.**

29 Upper Leeson Street, Dublin 2. Tel. 688077.

Provides first-aid services, on a voluntary basis, to the general public.

**The Samaritans.**

66 Sth. William Street, Dublin 2. Tel. 778833.

Works for the prevention of suicide, and befriends the lonely, despairing and suicidal. Publications include an annual report and "Report".

**Simon Ireland.**

I.B.C. Centre, Milltown Road, Dublin 6. Tel. 973715.

The Simon Community is a voluntary organisation which was founded to meet the needs of the homeless and socially deprived. Simon aims to be both

a venture in care and an alerting body. Publications include an annual report, internal newsletter and booklet.

**Society of St. Vincent De Paul.**  
18 Nicholas Street, Dublin 8. Tel. 757043.

To alleviate suffering, through person to person contact, and promote the dignity and integrity of mankind. The Society seeks to discover and redress situations causing distress. Publications include an annual report, newsletter, six recruitment leaflets.

**Union of Students in Ireland/Comhairle Na Macleinn in Eireann.**  
9 Anglesea Street, Dublin 2. Tel. 710622.

U.S.I. is a federation of students union in 60 colleges of higher education in the Republic and in Northern Ireland. Provides advice on issues like grants, education, social welfare, etc. Campaigns to protect and promote students' rights and provides a discount travel service through USIT Ltd. Publications include a periodical, and several booklets.

**Voluntary Health Insurance Board.**  
V.H.I. House, 20 Lower Abbey Street, Dublin 1. Tel. 749171.

Set up to protect families and individuals against the high cost of serious illness by providing insurance against hospital charges, surgeons' fees, etc. Publishes annual report, booklet. Non-profit making. Government backed.

**Voluntary Service Internation.**  
Box 652

**Voluntary Service International.**  
Box 652. 95 Merrion Square, Dublin 2. Tel. 685681.

Aims to afford opportunities by which men and women in a spirit of friendship, international understanding and voluntary discipline, may, without regard to their race, religion, creed or politics be encouraged to give to the community, either individually or in groups, effective voluntary service. An internal magazine is published 4 times a year.

**Women's Aid.**  
P.O. Box 791, 7 Harcourt Terrace, Dublin 2. Tel. 763249.

Provides a refuge for women and their children from violence in the home in order to prevent the repetition of the pattern of violence by the children of the present generation. To help mothers to help themselves to come to terms with their problems and re-build their lives and their children's lives with or without their husbands.



# Judge & Jury

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*Breakfast 7.30 - 11.30 a.m. Lunch 12.00 - 3.00 p.m.*

**Selection of Five Joints Every Day**

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**£40,000  
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**NEW DIRECTIONS  
IN HEALTH PROTECTION  
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**£40,000 IN AWARDS FOR THIRD LEVEL STUDENTS  
AND NURSING OR PARA-MEDICAL STUDENTS.**

There is considerable scope for project work in Health Education...and the Health Education Bureau invites Third Level Students and Nursing/Para-Medical Students to propose imaginative, practical ways to better health...for themselves, their families and the community generally.

Winning projects will share £40,000 in awards.

Details are available from  
**HEALTH EDUCATION BUREAU,**  
34 Upper Mount Street, Dublin 2.

or from: Any Students' Union or Student Services  
Office.

or from: The Offices of Educational, Nursing and  
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CLOSING DATE FOR ENTRY JAN. 4th 1982  
CLOSING DATE FOR SUBMISSION  
OF PROJECTS 5th APRIL 1982



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Everyday there are both emergency and routine cases requiring blood transfusions in hospitals throughout the country. To cater adequately for this demand 2,700 blood donations are required overall, each week. If you are between 18 and 65, and in good general health, you can give a blood donation.



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**The Blood Transfusion Service Board**

Pelican House, 40 Mespil Road, Dublin 4. (01) 603333.  
Cork Centre, 21 Leirim St. Cork. (021) 507227.